MR. BIG SHOT

- Shot-putter and Kamloops native Dylan Armstrong is Canada's top hope for a track-and-field medal. Watch him in action Friday at 12:30 p.m. on CTV
- If the graceful moves of women's diving or trampoline events are more your thing, Metro fills you in on when to watch and who to root for OLYMPIC COVERAGE, PAGES 25 & 26
- Where can you find royalty at the Olympics? What freak accident happened to one medal? Test your knowledge of quirky Olympic facts with our London 2012 quiz at metronews.ca/olympics

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Trumping stereotypes

Jenna Talackova claps during the Pride Week kickoff at city hall on Monday. Talackova was one of three grand marshals named for Sunday's Vancouver Pride Parade. PHYLICIA TORREVILLAS/METRO

Jenna Talackova.

Pageant contestant embraces opportunity to advance transgender acceptance

PHYLICIA TORREVILLAS
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From "wild child" to equality-rights poster girl, Jenna Talackova is taking on her new responsibilities with pride.

The transgender beauty queen made international headlines after she was booted out of the Miss Universe Canada pageant earlier this year for not being "naturally born female."

The 23-year-old Vancouverite successfully fought the decision with the help of famed American civil-rights attorney Gloria Allred. The Donald Trump-owned Miss Universe Organization not only re-instated Talackova, but also allowed all transgender women to compete in its worldwide competition.

Talackova — who began taking hormone therapy at age 14 and had sex re-assignment surgery at 19 — says she never expected to be hailed as a hero by the transgender community, but she's proud to have sparked a debate worldwide and inspired others to embrace their sexuality.

"I've received weekly mail from people in South America and Asia, telling me that they've finally come out to their families because of my story, so it has made an impact," says Talackova, who is one of three grand marshals for Sunday's Vancouver Pride Parade.

Quoted

"I got thrown this opportunity to be a role model.... I'm going to do my best with it."

Jenna Talackova

"I never realized the power that I did have," she adds. "I realized that as a youth, I was such a wild child that I wish I had somebody to look up to. I looked up to Harisu from Korea, the first transgender pop star. I didn't have anybody from North America to really look up to."

Her decision to enter the pageant was "out of pure vanity," but she says she won't let her newfound opportunities go to waste.

"I got thrown this opportunity to be a role model, and I now have a reality TV show coming out that's just going to broaden more society's eyes to trans-people and see that we're just as normal as everybody else," she says.

"I believe I got this role and I'm going to do my best with it, reaching out to young kids because it's my obligation and I see that now."

Talackova is also planning to take on more animal and environmental activism.

"I feel like we don't treat our world correctly," she says. "I think the pipeline project will just damage our environment. I think we're not looking for better energy sources."

Talackova plans to pose nude for PETA after the first season of her TV series wraps up. She also aspires to become a Victoria's Secret model.

After her grand marshal stint, she's off to New York to film a commercial for high-end shoe company Stuart Weitzman.

She says she feels blessed with all the opportunities she now has and is thankful for a strong support system that's keeping her grounded.

"I keep my boyfriend of three years out of the limelight and he's really happy for me," she says. "My family believes in anything I do. They always knew I'd become something."

MORE PRIDE COVERAGE, PAGES 20-22

Have a happy long weekend

Metro will not be publishing on B.C. Day. Look for us again on Tuesday

RCMP face new allegations

Ex-Mountie claims she was urged to be 'friendly' with male officer to advance career PAGE 3

Killer appeals conviction

Michael Rafferty was sentenced to life for the murder of eight-year-old Tori Stafford PAGE 10

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Gang-related killings

Bacon brother gets separate trial in Surrey Six gang hit

The trial of four men accused in a gang-related massacre in a Surrey apartment building in 2007 won't go to court until next year, and already the complexities of the case have split it into two.

Jamie Bacon, one of three notorious brothers police have linked to Vancouver's gang war, will be tried by himself.

Neil MacKenzie, a spokesman for the B.C. Criminal Justice Branch, said Bacon's trial has been separated from that of three other co-accused in order to allow Bacon to bring up matters that apply only to his case, including issues of solicitor-client privilege.

MacKenzie wouldn't elaborate.

Bacon and his co-accused — Cody Rae Haevischer, Mathew Johnston and Quang Vinh Thang (Michael) Le — face first-degree murder charges and charges of conspiring to murder.

Police have said four of the victims in the so-called Surrey Six murders were gang-related, but the other two were simply innocent bystanders in the wrong place at the wrong time. They included a young man who lived in the apartment across the hall and a fireplace repairman.

Dennis Karbovanec pleaded guilty in April 2009 to three counts of second-degree murder and conspiracy to commit first-degree murder in the slayings

Defence lawyer Paul Doroshenko, who is not involved in the case, said in cases with multiple co-accused, defence lawyers sometimes become concerned about their own clients' best interests after learning facts in group meetings that could be used in court. THE CANADIAN PRESS

Former RCMP officer Valerie MacLean, who is a claimant in a class-action lawsuit alleging harassment and gender-based discrimination against the police force, stands outside British Columbia Supreme Court after the first hearing of the lawsuit in Vancouver on Thursday. DARRYL DYCK/THE CANADIAN PRESS

'It would seem that nothing's changed'

Women in the RCMP. Ex-Mountie alleges superior propositioned her as RCMP class action goes to court

Valerie MacLean joined the RCMP in the mid-1970s — only a few years after women were first welcomed onto the national police force — with a sense of pride and the belief she would be a game changer in a male-dominated profession.

So when a higher-ranking male officer began propositioning her and urged her to be "friendly" because it would be a good career move, she viewed his behaviour as a product of the times.

More than 30 years later, the 58-year-old has joined a class-action lawsuit that spans decades and alleges widespread, gender-based discrimination within the RCMP.

"We felt that we were really advancing things ... that we would be paving the way for women. And I don't feel that way now," said MacLean, who went on to become the public face of the Better Business Bureau in B.C.

"I thought, well, what did we pave? What did we make different? It would seem that nothing's changed."

MacLean attended B.C. Supreme Court in Vancouver on Friday as lawyers filing the civil suit appeared before a judge for the first time.

She is among 200 current and former female RCMP members who have contacted the firm for the representative plaintiff, a 19-year RCMP veteran from Nanaimo, who launched the suit in March.

A lawyer jointly defending the federal attorney general and B.C. minister of justice told the judge on Friday he will argue some portions of the class action must be struck. That includes part of the suit alleging the governments bare direct responsibility for systemic negligence. THE CANADIAN PRESS

Valerie MacLean's claim

- MacLean, who ended a post as executive director of the Vancouver Police Foundation in March, said she faced similar discrimination and harassment as a young police woman.
- Between 1977 and 1979, a male officer repeatedly harassed her, especially while she drove a cruiser on the graveyard shift. He would sit beside her for eight hours and goad her into starting a relationship with him, she said.

1 NEWS

Mobile news

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Students clamour for housing in city's annual rental squeeze

Landing a pad. Those stressed from their fruitless search are advised to get offline and hit the streets

KATE WEBB
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Third-year UBC dietetics student Jenneke van Hemert has been looking for a room for September since the beginning of July, but Vancouver's perennially crowded rental market has not been kind to her.

With a full-time summer job and a fiancé in Victoria, she says she has made 25 serious attempts to line up viewings with landlords and has seen two places, but landed none.

"There is availability, but it's been really tough," she told Metro Thursday via phone from Victoria. "There are a couple that I've seriously gone after and have been declined basically before I got there because they're already taken."

Vancouver's notoriously low vacancy rates have been dropping ever lower over the past decade, from 2 per cent in 2003 to 0.7 per cent in 2011, according to the Canada Mortgage and Housing Corporation (CMHC).

A healthy vacancy rate is no lower than two per cent, and preferably closer to three, according to the City of Vancouver.

The CMHC does not keep month-to-month stats on vacancy rates, but Vancouver housing expert and developer Michael Geller said in his experience this is the worst time of year to be hunting.

"I think September is a terrible time," he said. "I remember when my own daughter came back (to school) and tried to find housing in September and was the 14th person in a lineup in the lobby of a building."

Affordable housing advocate Christine Ackermann, president of the West End Residents Association, advised stressed-out students to get offline and hit the streets.

"In Vancouver the best way to find an apartment or a house to rent is to walk around the neighbourhood where you want to live, and don't rely so much on Craigslist," she said. "I know a lot of people go to Craigslist, but in my experience whenever you walk around you see the signs on people's doors or on their lawns, and you end up with a better result."

Student housing experts advise out-of-town students who don't have that option to do their homework and enlist the help of friends to avoid getting scammed.

Van Hemert also has a Plan B.

"I've developed a safety net," she said. "I actually can stay with a friend in September for the first three weeks that I'm there. It won't get any easier, but at least I'll be in Vancouver."

Jenneke van Hemert has been surfing UBC's AMSRentsline.com for a month and contacted dozens of landlords looking for a place for September — but so far, no dice. METRO/CONTRIBUTED/JAMES SKWAROK

The numbers

Wait-lists for student residences:

- UBC — 5,000
- SFU — 100
- BCIT — 178

Sex charges

Canuck arrested for skipping U.S. trial

A man who skipped out of his sex trial in Arizona has been arrested in Canada more than two years later.

Police in Delta, B.C., say George Ross Wilcox was arrested on July 30 and is being held on an outstanding extradition warrant. He was charged in Pima County, Arizona, in 2009 with four counts of sexual contact with a child under 15. Officials say Wilcox fled the state before his trial ended and was found guilty of two of the charges.

THE CANADIAN PRESS

Gunshots

Suspect recovering from wounds

The independent police force examining a wild shootout and police chase in the Okanagan now confirms that one of the suspects is recovering from gunshot wounds.

A release from the New Westminster Police says the 19-year-old women remains in hospital after surgery.

She was with two men in West Kelowna on Tuesday when the trio allegedly fled from a traffic stop after shooting at Mounties, who returned fire.

THE CANADIAN PRESS

Union

BCGEU to stage limited strike

B.C. Government and Service Employees Union members will stage another limited strike.

The union says 180 workers at offices in Surrey, Kelowna, Campbell River and 100 Mile House will walk out during operating hours on Aug. 7.

Most of the workers are from the Ministry of Forests offices, but the BCGEU says any strike will not affect wildfire fighting operations.

THE CANADIAN PRESS

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Victoria. Terrified tourist taken for a high-speed horse ride

When a horse-drawn carriage in downtown Victoria took off without its driver, Stacey Sugden-Hibbert saw one unlucky tourist taken for a ride.

Sarge, one of 17 draft horses in the popular attraction, was spooked Wednesday afternoon after apparently being hit by a bus. He pushed the carriage backwards, tipping out a driver and a passenger. But with one more passenger still inside, he pulled forward and took off.

'The carriage was still on it, and there was this very, very terrified person in the back seat holding on," said Sugden-Hibbert, who spotted the rampaging horse as he galloped past Johnson Street.

"It looked like a nightmare."

A minute later, Sugden-Hibbert saw a woman wearing a riding helmet flag down a car and jump inside. The car followed the startled, panicking horse as it fled down Wharf Street.

Kate Clark, manager of Tally-Ho Carriage Tours, said the lone passenger jumped from the carriage somewhere around Front Street.

Sarge kept going, but he came to a stop a short distance away after hitting a moving car.

Clark said the passenger may have fractured her arm when she jumped from the carriage, and that everyone involved is still in shock from the accident.

She added it's rare for her horses to take off, and even more unusual for a passenger to be injured.

"I've never heard of or experienced a passenger being injured — ever," she said. "It's quite the experience."

Police are investigating the incident. Const. Mike Tucker, police spokesperson, said it's too early to say whether any charges will be laid.

As for the horse, he suffered a shoulder injury, but does not appear to be lame.

ELIZABETH HAMES/METRO IN VICTORIA

The Vancouver Seniors' Singing Club Association performs the opera Romance of the Three

CONTRIBUTED: JIM HO

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Kingdoms at the Chinese Cultural Centre in Vancouver's Chinatown in June.

Seniors jamming to Cantonese opera

Nightlife. More than 120 seniors have joined Vancouver's Senior's Singing Club Association

SUZANNE MA
vancouver@metronews.ca

Every week, more than three dozen Chinese seniors gather in a building on East Hastings Street for a jam session. The music of choice: Cantonese opera.

With the sound of the gong and a crash of the cymbals, the seven-piece band springs to life. Fingers strum the four-stringed moon-shaped lute and pluck the silk strings stretched over a trapezoidal sounding board. A steady breath flows through the hollows of a bamboo flute, and then, the singing begins. It's melodious, rhythmic and poetic.

Cantonese opera is a traditional art form that dates back to the 13th century, and blends music, singing, acrobatics, acting and martial arts. The stories range from romances to ghost stories and famous Chinese myths.

The art was imported from northern China and slowly migrated to the south, where it was adapted to the local Cantonese dialect and took on a milder, less shrill tone than what's typically heard in Peking opera.

"When you watch a good Cantonese opera, you will melt," said Eric Szeto, founder of the Vancouver Seniors' Singing Club Association. "It will draw you in."

Vancouver is home to one of the most active Cantonese opera communities outside of Asia, thanks to the city's primarily Cantonese-speaking Chinese community. In 2011, the city hosted more than 50 shows, events and celebrations. The next big performance will be in October at the Vancouver Playhouse. So far, more than 120 seniors have joined the club, founded by Szeto in 2010.

"Many seniors are usually alone, isolated at home. Their kids are at work or have moved away," Szeto said.

"I try to bring them out of their homes and many feel as if this club has become their second family."

The seniors gather every week to have lunch, play mahjong and, of course, sing. The eldest member is 92 years old.

Makeup, hats, costumes

Cantonese opera 101

Vibrant makeup helps to highlight facial expressions and spotlight performers on the stage. Performers typically apply heavy white foundation and a red colour around the eyes that fades down to the bottom of cheeks.

Eyebrows are painted black and sometimes elongated, while makeup around the eyes is shaped to resemble a phoenix.

Hats and helmets help to identify the characters on stage. Headgear typically signifies social status, age and capability. Scholars and officials wear black hats with wings on either side; rectangular fins are worn by high officials (as seen in the photo); generals wear helmets with pheasant tail feathers; and queens and princesses wear jewelled helmets.

Lavish "water sleeves" are long flowing sleeves that can be flicked and waved to mimic the flow of water. Performers use the sleeves to express intense emotion.

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Joey Marcelli, of Vancouver's Global Interventions and Consulting.
CONTRIBUTED/CAITLIN LAMENT PHOTO

60 SECONDS WITH

Vancouver-based Joey Marcelli, one of two new interventionists featured on Slice's second season of Intervention Canada, talks to Metro about his role in the program, the right time for an intervention and not accepting no for an answer.

JOEY MARCELLI

PHYLICIA TORREVILLAS
phylicia.torrevillas@metronews.ca

What's your role as an interventionist?

My role is to not only provide the addict with a solution to the problem, but also to work with the family extensively the day before the actual intervention. The pre-intervention is about education. I educate the family on the disease itself. I help separate the addict from their loved one, help them to understand that it is a disease and it is to be treated as one, and what addicts need to do to recover.

How did you become one?

I'm a recovering addict and alcoholic. My bottom was devastating. I truly had to lose everything — my career, my family, and my pride. I entered recovery basically without everything except for a little spirit left.

When I got sober, I made a deal. I don't know with what or with whom — I just made a deal and I said, "If you save my life, I'll do whatever you tell me you want me to do."

This is how we alcoholics and addicts remain sober, is by helping others. I was able to actually work in the treatment centre, helping the guys that went through the same thing as I did. It bloomed from there. I developed this obsession with helping other people. In the meantime, it was helping me stay sober. I decided to make a career out of it.

When is the right time for an intervention?

An intervention is done with the utmost secrecy. It's not an ambush, if you will, but it's an ambush of love. Unfortunately, a lot of families wait too long. They wait until it's become so desperate that it's now becoming a life-threatening situation for everyone involved.

Sometimes addicts do need to hit a specific type of bottom in order for them to recover, but I don't believe that an addict has to hit a bottom. I believe that it can be caught much, much earlier on. The first signs of trouble should be a red light flashing, but what families do is they turn a blind eye and they don't want to believe that their son, daughter, or husband is an alcoholic or addict. They make excuses or they justify it and they start to enable the person.

How does it feel when the person agrees to go to treatment?

It's miraculous. It's the most amazing feeling to see a human being, for a moment, want to save their life. They want to make a change and they're desperate.

And when they say no?

I do not accept no for an answer because it's not an answer. It's an excuse. I keep working with the addicts through the "Nos" and "I can't go" until they finally realize that what they've been doing is making excuses and there's really a part of them that wants to scream and say, "Yes." We have to help them get there.

What can viewers expect from this season?

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0.53	VS2	E	VG	$2,220.00	GIA
0.50	SI1	H	VG	$1,320.00	GIA
0.40	SI2	F	EX	$874.00	GIA
0.32	VVS2	D	Good	$900.00	GIA
0.30	VS1	F	EX	$624.00	GIA
0.30	VVS2	D	VG	$840.00	GIA

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Rafferty appeals life sentence

Tori Stafford killing.
Appeal papers appear to have been filed from Kingston Penitentiary

Michael Rafferty. THE CANADIAN PRESS

Michael Rafferty, the man sentenced to life for the killing of eight-year-old Tori Stafford, is appealing his conviction on the grounds that the judge failed to properly instruct the jury.

In the appeal received by the Court of Appeal for Ontario on July 26, Rafferty also says the "jury failed to apprehend the evidentiary requirement to convict for first-degree murder." If a new trial is ordered, he would like a trial by jury, Rafferty wrote from prison.

Rafferty missed the 30-day deadline to appeal his conviction but asked for an extension, attributing the delay to "inability to use the telephone to contact legal counsel."

It is not uncommon for those sentenced to life to appeal.

Rafferty, 31, was sentenced May 15 in the abduction, rape and murder of the Woodstock, Ont., girl.

Tori went missing on April 8, 2009, triggering one of the largest manhunts in Canadian history. Rafferty and Terri-Lynne McClintic, then lovers, were arrested a month later and charged. Tori's remains were found on July 19.

McClintic pleaded guilty to first-degree murder and was sentenced to life in prison in April 2010.

Rafferty's trial, with shocking twists and turns, lasted 10 weeks. The jury took about a day to render a guilty verdict.

But presiding judge Thomas Heeney was criticized for excluding character evidence.

The jury never heard about evidence seized from Rafferty's laptop, including child pornography, torture videos and a movie about the abduction of a little girl. The jury also did not hear that Rafferty liked choking women during sex.

Heeney later defended his decision, saying the evidence was legally inadmissible because it breached Rafferty's Charter rights.

Dirk Derstine, Rafferty's lawyer for the trial, told the London Free Press in June that he would not be Rafferty's appeal lawyer.

TORSTAR NEWS SERVICE

Aurora shooting

Psychiatrist tried to meet on Holmes

The psychiatrist seeing the man accused in the Colorado theatre massacre tried to discuss James Holmes with a campus behavioural and security committee early June before the attack, but the group never convened, a new report said. It wasn't known what Fenton wanted to discuss, the station said. THE ASSOCIATED PRESS

Liberal party

Disgraced staffer returns to the fold

Former Parliament Hill aide Adam Carroll, who resigned in disgrace after splashing the lurid details of a Conservative cabinet minister's messy divorce on Twitter in response to the government's Internet snooping bill has resurfaced with the Liberals. He is now working at Liberal party headquarters. THE CANADIAN PRESS

United Nations

Annan resigns as Syrian envoy

Frustrated by Syria's escalating civil war, Kofi Annan announced Thursday that he will quit his high-profile role as special envoy to the country at the end of the month, giving reasons that amounted to scathing criticism of world powers' failure to unite to stop the chaos in the Arab state. THE ASSOCIATED PRESS

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Tablet update. RIM launches new PlayBook for faster networks

Research In Motion is launching its new PlayBook tablet for advanced networks that will have a faster Internet experience, giving the Canadian tech company an updated product to sell before its new smartphones come to market.

RIM's latest PlayBook will be launched next week — in Canada first — and is designed for wireless networks with speeds equivalent to high-speed home Internet services on land lines.

The 4G LTE PlayBook tablet computer will be available Aug. 9 at Rogers, Bell and Telus — Canada's three largest carriers.

RIM said Thursday the price of the new PlayBook, which has 32 GB of memory storage, will depend on the region and provider. But Telus said it will sell for $549.99.

The new PlayBook is also ready for corporate email systems and keeps business information secure and separate from personal information, RIM said.

However, PC Magazine analyst Sascha Segan said any anticipation is for RIM's next generation of smartphones called BlackBerry 10.

"Consumers are past the PlayBook now and they're waiting to see what happens with BlackBerry 10," said Segan, lead analyst for mobile devices.

The BlackBerry 10 smartphones, expected to be even more like mobile computers, are due out in 2013, about a year later than RIM had announced — leaving the company with an older inventory of smartphones to sell.

THE CANADIAN PRESS

Restructuring

- There are reports that RIM will shutter its few company-owned North American retail stores and reveal details of 3,000 jobs to be cut under a previously announced restructuring plan.
- A source familiar with RIM's retail presence said Wednesday that the company's last existing storefront in Michigan will soon shut down, as well as nine airport locations.

Canada warms up to Appleton rum

Appleton marketing manager Peter Hottmann, pictured, is spearheading an aggressive new advertising campaign that is boosting the 263-year-old rum brand's fortunes in Canada. Thanks to a man-about-town approach and a sexy TV ad that focuses on prospective drinkers instead of the product's Jamaican roots, in just a few months sales of Appleton Estate rum are up 10 per cent and growing across Canada. VINCE TALOTTA/TORSTAR NEWS SERVICE

Alternative fuels

Candu expands deal with China

Candu Energy said Thursday it has signed an expanded agreement with China National Nuclear Corp.'s subsidiary companies to continue work on using recycled uranium and thorium as alternative fuels for new reactors.

The company said the 24-month agreement is expected to result in a detailed conceptual design of an advanced fuel Candu reactor. THE CANADIAN PRESS

Market Minute

DOLLAR 99.29¢ US (-0.19¢)

TSX 11,506.50 (-112.03)

OIL $87.13 US (-$1.78)

GOLD $1,590.70 US (-$16.60)

Natural gas: $2.92 US (-25.1¢)
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SNOOP LION, A SILVER MEDAL AND TWITTER SHENANIGANS

THE LIST
Neil Morton
Metro

1 **Fifty Shades of parody.** My fave parody of Fifty Shades of Grey is housed on Twitter, @50ShedsofGrey, which already has more than 70,000 followers since launching. It describes itself as "erotica for the not-too-modern male." Sample tweet from this 'shed porn': "We tried various positions — round the back, up against a wall ... but the bottom of the garden was the only place for a really good shed." Lol.

2 **The Campaign.** Will Ferrell and Zach Galifianakis made a stop in Toronto on Monday to promote their political comedy The Campaign (out on Aug. 10). They pulled out all the stops — including a red-carpet screening of the movie and a visit to the Hockey Hall of Fame, where they showed up not in a limo, but on a Zamboni. Great campaigning, Canadiana style.

3 **@stats_canada.** The hilarious new Twitter account @stats_canada pokes fun at Statistics Canada — and the whole notion of demographic statistics and what relevance they have to Canadians. With tweets like "70% of Canadians believe Gordon Lightfoot is a yoga position," and "At any given time, 3 million Canadians are on a Timmie's run," this is a 99.9999 per cent must follow.

4 **Bengals can't tweet.** The NFL's Cincinatti Bengals have been banned from tweeting during training camp at the stadium by their coach Marvin Lewis to try and help them focus while they work out the next few weeks. Holy social-media crackdown! What's next? No phone calls, either? I don't get it.

5 **Big Brother.** A national casting call for the first Canadian edition of Big Brother began this week. The show will launch this winter on the Slice network, and applicants can apply at bigbrothercanada.ca. I couldn't apply to the upcoming Bachelor Canada (I'm married), but maybe I'll take a crack at this — or hold out for a Real Househusbands of Canada.

6 **Jonah Lehrer.** The journalist resigned from his staff-writer position at The New Yorker after he admitted to making up Bob Dylan quotes for his best-selling non-fiction book Imagine. Where will Lehrer and the book go from here? The answer, my friend, is blowin' in the wind. But a hard rain's a-gonna fall.

7 **Snoop Lion?** 40-year-old Snoop Dogg announced this week that 1) he is no longer rapping (he's switching to reggae); and 2) he's changing his name to Snoop Lion after a spiritual and artistic rebirth while in Jamaica, where he was given the new moniker by Rastafarian priests. This is one heck of a mid-life crisis.

8 **Milos Raonic.** In an epic four-hour Olympic tennis match, Canada's tennis star came out on the losing end to France's Jo-Wilfried Tsonga, 6-3, 3-6, 25-23. The third set was three hours long. As sports journalist Bruce Arthur tweeted during the match, "17-17, Tsonga serving. What a glorious moment it will be when Raonic or Tsonga's son wins this match one day."

9 **Brady Bunch.** Fans of the '70s hit show The Brady Bunch are salivating at the prospect of the show making a comeback. With Vince Vaughn as executive producer, CBS is apparently developing a reboot of the cult comedy. If this goes well, will remakes of Three's Company, Welcome Back, Kotter and WKRP In Cincinnati be waiting in the wings?

10 **Canadian medals.** In perhaps one of Canada's most exciting Olympic-medal wins this week, our relatively inexperienced men's eight rowing team made a dramatic surge in the final 500 metres of the 2,000-metre race to overtake the hometown Brits and win a silver. Almost better than gold. Beauty moment, eh?

11 **Baby mama drama.** A new love and relationship reality series with the working title Single and Pregnant is casting in the United States for single and pregnant women. It's being cast by the team behind Jersey Shore. This could be the end of pop culture.

Follow The Metro List on Twitter @TheMetroList

Land of Arctic aliens

NICCOLÒ BONFADINI/SOLENT

Landscaping

Stunning photo of otherworldly landscape

Who is guarding the frozen north?

Judging by this mysterious photograph, it's these giant "ice worms" sprouting out of the ground.

This incredible, surreal picture actually shows trees buried in thick snow, on a landscape located close to the Arctic Circle.

Metro spoke to Italian photographer Niccolò Bonfadini about his eerie, striking image.

METRO

Behind the lens

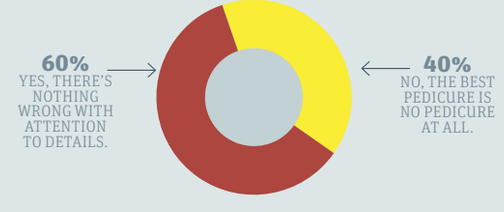
- Bonfadini took this stunning shot while camping alone in Finland's beautiful Riisitunturi National Park. "I was blown away by the otherworldly landscape. Everything was white as far as the eye could see. Everything was frozen," he said.
- The young photographer of course faced many challenges in this barren frozen world. "What made the trip harder than average was the fact that I was completely alone. But I prefer it like that. I don't like crowds," he said. "My backpack weighed about 30 kilograms. What I ate consisted of powdered freeze-dried food. And the temperature can go as low as -40 C."
- "The morning I took this picture was a very special one," he said. "I had slept with my tent on top of a hill to watch the sunrise. An eerie mist was forming around the trees, enhancing the mysterious atmosphere. The three trees were standing right in front of me. They immediately appeared to be like sentinels to me. That is why I decided to name the photograph 'Sentinels of the Arctic.'" He added: "Some thought they were volcanic eruptions and clouds. To me they seemed to be alive like frozen people."
- "I used both a medium format analog camera and a Canon DSLR camera. Some graduated neutral density filters placed on the lens helped me achieve this result. By placing the filter's darker side against the sky it helped to retain more details in the lighter parts of the image by keeping their luminosity down."

Niccolò Bonfadini SUBMITTED

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

It's summer — should men get pedicures?



Twitter

@MrEricLange: Just had the most mediocre burger in the Vancouver airport. If you're reading this... and you're here... you can have the other half. Free.

@BoredNVancouver: This weekend in #Vancouver: Stop by and check out the Powell Festival & Celebrate all things Japan! http://ow.ly/cHjj4 #HAI!

@caitlyanna: I only have a day and a half at work until vacation. It seemed to take forever to get here. I will be in Vancouver on Sunday night.

@MandyJRoss: #Hiking in #nature & #downtown #city #fun in all in one day.... #love #Vancouver! @CityofVancouver

@simonv3: Why would you come to Vancouver and then spend the entire time in your hostel checking on the olympics?

metro

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Kate Beckinsale in Total Recall. THE CANADIAN PRESS

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

All chase, no sci-fi

Total Recall. Too busy to be boring, this remake is a decent action flick, but falls flat as a paranoid sci-fi mind-bender

Richard: Mark, the original Total Recall was simultaneously beaten up on release for its level of violence and praised for its complex story. The same can't be said for the remake. The body count is still high, but the story plays more like a high-tech version of The Fugitive than a sci-fi mind-bender. It's a pretty good chase movie, but the sci-fi falls flat.

Mark: As does the storyline, the characters, the dialogue, and most importantly, the satire. It's too busy and kinetic to be a boring movie, but you don't care much about why all the carnage is taking place. I loved the original, Richard, but it had a nice, slow build and was a sly "mind-bender" as you call it. I don't know why they had to attempt a remake, unless it was to see what would happen if you put a real actor in the lead. But, sorry, it's Schwartzenegger 1, Farrell 0.

RC: Farrell is much more of an everyman than Arnold was, but I thought he pulled off the running, jumping, shooting and stabbing well enough. I was more taken, though, with the female characters. The original treated women like window dressing but here Kate Beckinsale and Jessica Biel are given meaty, action-packed parts. Beckinsale uses all the tricks she learned on the Underworld movies, kicking butt and taking names in every scene she's in, and while Biel won't need to wake up early on Academy Award day, she hands a physically energetic performance.

MB: I liked Biel, but Beckinsale's one expression wore thin on me quickly. I did like the production design, though it was clearly influenced by Blade Runner. I liked the elevators that move vertically and horizontally, the flying cars were great (and actually looked credible), but the army of bots looked so much like George Lucas' droids that I expected Jar Jar Binks to show up in a cameo.

RC: Ha! Beckinsale may only have one expression, but it's a pretty good one. As for everything else, it seems to me the movie values violence and action above all — more than story, humour or even the legendary three-breasted hooker who is glimpsed for all of two seconds. This movie clearly appreciates bullets over breasts.

MB: Good to know where you stand on that one, Richard! I wouldn't call it a bad movie, but a missed opportunity. Philip K. Dick, who wrote the original story decades ago, was a master of the paranoia missing from the remake, and I'm pretty sure the master would not approve.

Synopsis

Set in a dystopian world where most of the planet is uninhabitable, Farrell plays a troubled factory worker desperate to escape a life of grinding drudgery. Without telling his wife (Kate Beckinsale) he goes to Rekall Corp. to have a virtual vacation. They sell implanted memories, like video games for the mind. But something goes wrong and soon our hero is thrown into a deadly world of intrigue where he can't be sure what is real and what isn't.

- Richard:
- Mark:

2SCENE

On the web

Iambic pentameter behind razor wire: Richard III goes to prisons, senior centres

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Comedy

Diary of a Wimpy Kid: Dog Days

Director. David Bowers

Stars. Zachary Gordon, Steve Zahn

In the latest adaptation of Jeff Kinney's popular books, Diary of a Wimpy Kid: Dog Days focuses on lazy Greg Heffley's aimless summer vacation. Most notably, he tells his parents he got a job to cover up sneaking into a country club. Harmless but hardly inventive, the film may improve upon the franchise's previous outings, but without a solid narrative Wimpy Kid seems as restless as a hyperactive adolescent on summer break.

STEVE GOW

Drama

360

Director. Fernando Meirelles

Stars. Anthony Hopkins, Rachel Weisz

Good people sometimes do bad things is the prevailing message behind 360, the latest film to attempt to create an interlocking cast of characters a la Babel. But where those films used flawed characters to convey a broader message, director Fernando Meirelles (City of God) seems disinterested in saying anything else. Frost/Nixon scribe Peter Morgan's script is airtight and the performances, which pair Hollywood A-listers like Anthony Hopkins and Rachel Weisz with lesser-known faces, are all strong. But with little to rally behind, Meirelles' actors are left flapping in the wind.

IAN GORMELY

Documentary

The Queen of Versailles

Director. Lauren Greenfield

Stars. Jackie Siegel, David Siegel

Just when you thought you couldn't possibly muster sympathy for a spoiled billionaire, here comes The Queen of Versailles — a stirring documentary that examines a time-share mogul and his family just as they begin building a 90,000-square-foot house. But tones shift after the economy collapses and Lauren Greenfield catches the dangers of living beyond one's means like a fly on the wall. Or in this case, like one of Jackie Siegel's stuffed dead dogs on the mantle.

STEVE GOW

Comedy

Celeste and Jess Forever

Director. Lee Toland Krieger

Stars. Rashida Jones, Adam Samberg

While Celeste and Jesse Forever may assist in converting Rashida Jones (TV's Parks and Recreation) into a mainstream movie star, it certainly does little for Adam Samberg. Co-written by Jones, the quirky premise of a married couple trying to divorce while keeping a close friendship starts strong but soon zeroes in too much on its female lead. Still, this amusing comedy (albeit a bit uneven in tone) should relieve many moviegoers from the exhausting onslaught of straight-ahead big-budget summer blockbusters.

STEVE GOW

Thriller

Miss Bala

Director. Gerardo Naranjo

Stars. Stephanie Sigman

Miss Bala already has a critical buzz surrounding it, and rightfully so. This merciless Mexican film functions as a first-rate thriller, with a would-be beauty queen getting sucked into a nightmare of drugs, murder and degradation. But running parallel to its genre-film narrative is a scathing comment on how utterly broken the lines are between right and wrong in contemporary Mexico. Stephanie Sigman offers a magnetic performance.

CHRIS ALEXANDER

Quoted

"I would say really the only time it came into play was the three years of trying to get the movie made. Being an executive producer and a co-writer and knowing it was such a great part for me to be able to play, it was hard to keep taking the blows of the thing getting set up and then the thing crumbling. It was tough, but once I got on set, for me my only challenge that I wanted to tackle was doing a good job in the role and carrying the film, so I had to really shut all the other stuff down, you know?"

Parks and Recreation star Rashida Jones, who co-wrote and appears in the new film Celeste and Jesse Forever

NED EHRBAR

COLIN FARRELL KATE BECKINSALE JESSICA BIEL
TOTAL RECALL
IS IT REAL IS IT RECALL
COLUMBIA PICTURES PRESENTS AN ORIGINAL FILM PRODUCTION A FILM BY LEN WISEMAN "TOTAL RECALL" BRYAN CRANSTON JOHN CHO AND BILL NIGHY
MUSIC BY HARRY GREGSON-WILLIAMS EXECUTIVE PRODUCERS RIC KIDNEY LEN WISEMAN INSPIRED BY THE SHORT STORY PHILIP K. DICK SCREEN STORY BY RONALD SHUSETT & DAN O'BANNON AND JON POVILL AND KURT WIMMER
PG VIOLENCE, COARSE LANGUAGE
SCREENPLAY BY KURT WIMMER AND MARK BOMBACK PRODUCED BY NEAL H. MORITZ TOBY JAFFE DIRECTED BY LEN WISEMAN
ORIGINAL FILM
WelcomeToRecall.ca
COLUMBIA PICTURES
STARTS TODAY Check Theatre Directory or SonyPicturesReleasing.ca for Locations and Showtimes
SEE IT ON A BIG SCREEN ULTRAAVX
SONY make.believe

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ZOE KAZAN
ANTONIO BANDERAS
ANNETTE BENING
STEVE COOGAN
ELLIOTT GOULD
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She's out of his mind.
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FROM THE DIRECTORS OF LITTLE MISS SUNSHINE
MUSIC BY NICK URATA EXECUTIVE PRODUCERS ROBERT GRAF ZOE KAZAN PAUL DANO
PRODUCED BY ALBERT BERGER & RON YERXA WRITTEN BY ZOE KAZAN DIRECTED BY JONATHAN DAYTON & VALERIE FARIS
MakeRubyReal.com
PG COARSE LANGUAGE, VIOLENCE, DRUG USE
/FOXSEARCHLIGHT
STARTS TODAY FESTIVAL CINEMAS FIFTH AVENUE CINEPLEX ENTERTAINMENT INTERNATIONAL VILLAGE CINEMAS Check theatre directory or go to www.tribute.ca for showtimes

THESE PAGES COVER MOVIE START TIMES FROM FRI., AUG. 3 TO THURS., AUG. 9. TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONEWS.CA/MOVIES.

Vancouver

OMNIMAX Theatre Science World 1455 Quebec St.

Arabia (STC) Fri-Thu 3
Hubble (STC) Fri-Thu 1
Rocky Mountain Express (STC) Fri-Thu 12-2-4

Denman Cinemas 1779 Comox

Bernie (PG) Tue-Thu 12:15
Cosmopolis (14A) Fri-Thu 2:30
The Dictator (14A) Sat-Thu 9
Katy Perry: Part of Me (G) Fri 4:45 Sat-Mon 12:30-4:45 Tue-Thu 4:45
The Pirates! Band of Misfits (G) Fri 12:30
Soul Masters: Dr. Guo and Dr. Sha (STC) Mon 7 Wed 7
Union Square (STC) Fri-Sun 7 Tue 7 Thu 7

Dunbar Theatre 4555 Dunbar Street

The Dark Knight Rises (PG) Fri-Thu 3:30-7-10:15

Fifth Avenue Cinemas 2110 Burrard Street

Beasts of the Southern Wild (PG) Fri-Thu 2-4:20-7-9
The Intouchables (PG) Fri-Thu 1:30-4:10-6:50-9:10
The Queen of Versailles (STC) Fri-Thu 2:15-4:40-7:30-9:40
Ruby Sparks (PG) Fri-Thu 1:45-4:30-7:10-9:20
To Rome With Love (PG) Fri-Wed 1:15-4-7:20-9:35 Thu 1:15-4-9:35

Granville 855 Granville St.

The Best Exotic Marigold Hotel (G) Fri 6:40-9:15 Sat-Sun 4:05-6:40-9:15 Mon-Thu 5:30-8:10
The Hunger Games (PG) Fri 8 Sat-Sun 4:25-8 Mon-Thu 8
Katy Perry: Part of Me (G) Fri 6:30-9:05 Sat-Sun 4:10-6:30-9:05 Mon-Thu 5:40-8:30
Madagascar 3: Europe's Most Wanted (G) Fri 6:55-9:10 Sat-Sun 4:20-6:55-9:10 Mon-Thu 5:35-8:15
Snow White and the Huntsman (PG) Fri 6:35-9:20 Sat-Sun 3:55-6:35-9:20 Mon-Thu 5:25-8:05
Soldiers of Fortune (STC) Fri 7-9:25 Sat-Sun 4:15-7-9:25 Mon-Thu 5:50-8:25
Take This Waltz (14A) Fri 6:45-9:30 Sat-Sun 4-6:45-9:30 Mon-Thu 5:45-8:20

Pacific Cinémathèque 1131 Howe Street

The American Soldier (STC) Mon 8:15 Wed 6:30
Bang! You're Dead! (STC) Thu 6:30
The Crystal Trench (STC) Fri 6:30 Sat 9
Gods of the Plague (STC) Mon 6:30
The Horse Player (STC) Fri-Sat
I Saw the Whole Thing (STC) Thu
Lola Versus (14A) Wed 8:05
Marnie (STC) Thu 8:15
Mrs. Bixby and the Colonel's Coat (STC) Fri-Sat
No Films Showing Today (STC) Tue
North by Northwest (G) Fri 8:15 Sat 6:30
World on a Wire (STC) Sun 6:30

Park Theatre 3440 Cambie Street

The Dark Knight Rises (PG) Fri 3:30-7-10:15 Sat-Mon 12:15-3:30-7-10:15 Tue-Thu 3:30-7-10:15

Ridge Theatre 3131 Arbutus Street

The Watch (18A) Fri 7-9:10 Sat-Mon 4-7-9:10 Tue-Thu 7-9:10

Rio on Broadway 1660 E. Broadway

The Dark Knight Rises (PG) Fri-Sat 3:45-7-10:30 Sun-Thu 3-6:20-9:45

Scotiabank Theatre Vancouver, 900 Burrard St.

The Amazing Spider-Man (PG) Fri-Tue 12:50-3:50-7-10:10 Wed-Thu 12:30-3:30-10:10
The Amazing Spider-Man 3D (PG) Fri-Thu 1:20-4:20-7:30-10:40
Brave (G) Fri-Thu 12:10
Brave 3D (G) Fri-Wed 2:40-5:10-7:40-10:10 Thu 2:40-5:10-7:40
The Campaign (14A) Thu 10
The Dark Knight Rises (PG) Fri-Tue 12-1:10-3:10-3:40-4:50-6:50-7:20-8:30-10:30-11 Wed 12-1:10-2:40-3:30-4:50-6:25-7-8:30-10-10:40 Thu 12-1:10-2:40-3:30-4:50-6:25-7-8:30-10:40
Ted (14A) Fri-Wed 12:15-2:50-5:25-8:05-10:45 Thu 1:40-4:20-7:20-10:15
Total Recall (PG) Fri-Sat 12:20-1:15-4:15-7:30-10:25 Sun 12:20-12:45-4:15-7:30-10:25 Mon-Tue 12:20-1:15-4:15-7:30-10:25 Wed-Thu 12-1:15-4:15-7:30-10:25 Fri-Tue 2:15-5-7:55-10:50 Wed-Thu 2:10-4:55-7:50-10:45

Vancity Theatre Vancouver International Film Centre, 1181 Seymour Street,

Coast Modern (STC) Fri-Sun 6:45 Mon 5 Wed-Thu 7
Down by Law (STC) Tue 7:30
George Harrison: Living in the Material World (STC) Mon 7
Miss Bala (14A) Fri-Sun 8:30 Wed-Thu 8:30

Vancouver Aquarium 4D Experience Theatre 845 Avison Way

Pole To Pole 4-D Experience (STC) Fri-Thu 10:15-10:45-11:15-11:45-12:15-12:45-1:15-1:45-2:15-2:45-3:15-3:45-4:15-4:45-5:15-5:45-6:15

North Shore

Esplanade 6 200 West Esplanade

Brave (G) Sat-Mon 1:15
Brave 3D (G) Fri-Wed 3:45-6:50-9:25 Thu 3:45-6:50
The Campaign (14A) Thu 10
The Dark Knight Rises (PG) Fri 3:20-3:50-4:45-7-8-8:30-9 Sat-Mon 1-1:20-3:20-3:50-4:45-7-8-8:30-9 Tue 3:20-3:50-4:45-7-8-8:30-9 Wed-Thu 3:20-3:50-4:45-7-8-8:30
Hope Springs (PG) Wed-Thu 4-7:10-9:40
The Watch (18A) Fri 3:40-7:15-9:45 Sat-Mon 1:10-3:40-7:15-9:45 Tue-Thu 3:40-7:15-9:45

Park & Tilford 333 Brooksbank Ave.

The Amazing Spider-Man (PG) Fri-Tue 12:50 Wed-Thu 1:20
The Amazing Spider-Man 3D (PG) Fri-Thu 4:10-7:20-10:10
Diary of a Wimpy Kid: Dog Days (G) Fri-Sat 12-2:20-4:45-7:10-9:30 Sun-Tue 12:45-3-5:25-7:40-9:55 Wed-Thu 2:20-4:45-7:10-9:30
Ice Age: Continental Drift (STC) Fri-Tue 12:40
Ice Age: Continental Drift 3D (STC) Fri-Tue 2:55-5:20-7:45-10 Wed-Thu 2:40-5:20-7:45-10
Step Up Revolution 3D (PG) Fri-Tue 12:30-2:50-5:10-7:40-10:15 Wed-Thu 2:30-5:10-7:40-10:15
Ted (14A) Fri-Thu 4-9:50
To Rome With Love (PG) Fri-Thu 1:30-7
Total Recall (PG) Fri-Wed 1:50-4:40-7:30-10:20 Thu 4:40-7:30-10:20 Star & Strollers Screening, Thu 1

Richmond

SilverCity Riverport 14211 Entertainment Way

The Amazing Spider-Man (PG) Fri-Sun 12:55-4:10-7:20-10:30 Mon-Tue 12:30-3:40-6:50-10 Wed-Thu 6:50-10
The Amazing Spider-Man 3D (PG) Fri-Sun 1:30-4:40-7:50-11 Mon-Thu 1:10-4:20-7:30-10:40
Brave (G) Fri-Thu 12:35
Brave 3D (G) Fri-Sun 3:05-5:35-8:05-10:35 Mon-Thu 3:05-5:35-8:05-10:30
The Campaign (14A) Thu 10
The Dark Knight Rises (PG) Fri 1:15-2:25-3-4:50-5:55-7-8:30-9:30-10:35 Sun 1:15-2:25-3-4:50-5:55-7-8:30-9:30-10:35 Mon-Thu 1:20-2:35-3-4:55-6:05-7-8:30-9:35-10:35
The Dark Knight Rises: The IMAX Experience (PG) Fri-Sun 12-3:40-7:20-11 Mon-Thu 12:20-3:40-7:10-10:30
Diary of a Wimpy Kid: Dog Days (G) Fri-Thu 12:30-2:50-5:15-7:40-10
GF BF (STC) Fri-Thu 12:30-3-5:30-8-10:30
Hope Springs (PG) Wed 2-4:30-7:10-9:40 Thu 3:30-5:55-8:20-10:45 Star & Strollers Screening, Thu 1
Ice Age: Continental Drift (STC) Fri-Tue 1-3:25-5:50-8:15 Wed-Thu 1:30-4:10
Ice Age: Continental Drift 3D (STC) Fri-Thu 12:15-2:45-5:10-7:35-10:05
Katy Perry: Part of Me (G) Fri-Sun 1:15-3:45-6:05-8:30 Mon-Thu 12:55-3:20-5:45-8:10
Madagascar 3: Europe's Most Wanted (G) Fri-Sun 12:05 Mon-Thu 12:15
Magic Mike (14A) Fri-Sun 12-2:35-5:15-7:55-10:40 Mon-Wed 12:15-2:50-5:25-8-10:40 Thu 1:50-4:30-7:10
Prometheus (14A) Fri-Tue 10:45
Savages (18A) Fri-Sun 1:45-4:45-7:45-10:45 Mon-Tue 1:25-4:25-7:25-10:25 Wed 1:25-4:25-7:20-10:25 Thu 1:25-4:25-7:25-10:25
Sesame Street Presents: Follow That Bird (STC) Sat 11
Step Up Revolution 3D (PG) Fri-Sun 12:40-3:10-5:40-8:05-10:40 Mon-Thu 12:40-3:10-5:40-8:05-10:35
Ted (14A) Fri-Sun 12:25-3-5:35-8:10-10:55 Mon 12:20-2:55-5:35-8:10-10:45 Tue-Thu 12:20-3-5:35-8:10-10:45
To Rome With Love (PG) Fri-Sun 10:55 Mon-Thu 10:35
Total Recall (PG) Fri-Sun 1:20-4:10-7:15-10:10 Mon 1:10-4:10-7:15-10:10 Tue-Thu 1:20-4:10-7:15-10:10 Fri-Sun 2:20-5:10-8-10:50 Mon-Thu 2:20-5:10-8-10:45
The Watch (18A) Fri-Sun 12:50-3:20-5:50-8:20-10:50 Mon-Thu 12:40-3:05-5:40-8:10-10:40

Burnaby

Dolphin Cinemas 4555 E. Hastings St.

The Dark Knight Rises (PG) Fri-Thu 12-3:15-6:30-9:45
Diary of a Wimpy Kid: Dog Days (G) Fri-Thu 12:30-2:35-4:40-6:45-8:50

SilverCity Metropolis 4700 Kingsway Ave.

The Amazing Spider-Man (PG) Fri-Tue 1:30 Wed-Thu 1:15
The Amazing Spider-Man 3D (PG) Fri-Tue 4:40-7:50-11 Wed-Thu 4:15-7:20-10:25
The Campaign (14A) Thu 10
The Dark Knight Rises (PG) Fri 2:45-3:15-6:20-6:50-9:55-10:25 Sat 11:45-2:45-3:15-6:20-6:50-9:55-10:25 Sun-Mon 2:45-3:15-6:20-6:50-9:55-10:25 Tue 2:30-3-6:20-6:50-9:55-10:25 Wed 1:30-2:30-5-6-8:30-9:30 Thu 1:30-2:30-5-6-8:30 Fri-Tue 12:15-3:45-7:20-10:55 Wed-Thu 3:30-7-10:30
Diary of a Wimpy Kid: Dog Days (G) Fri-Tue 12:30-2:50-5:20-7:45-10:05 Wed 2-4:45-7:30-10:05 Thu 2-4:45-7:45-10:05
Ice Age: Continental Drift (STC) Fri-Tue 12:25 Wed-Thu 1:50
Ice Age: Continental Drift 3D (STC) Fri-Tue 2:40-5:10-7:35-10:10 Wed-Thu 4:30-7:05-9:45
Sesame Street Presents: Follow That Bird (STC) Sat 11
Step Up Revolution 3D (PG) Fri-Tue 12:40-3:10-5:40-8:10-10:40 Wed-Thu 2:10-4:40-7:15-9:50
Ted (14A) Fri-Mon 12:20-2:55-5:30-8:05-10:45 Tue 1:40-4:10-10:30 Wed 2:15-4:55-7:40-10:15 Thu 2:15-4:55-10:15
Total Recall (PG) Fri-Tue 2:20-5:15-8-10:50 Wed-Thu 2:05-4:50-7:35-10:20 Fri 1:50-4:45-7:30-10:20 Sat 11:05-1:50-4:45-7:30-10:20 Sun-Tue 1:50-4:45-7:30-10:20 Wed-Thu 1:40-4:25-7:10-9:55

Station Square 220-6200 McKay Ave.

The Amazing Spider-Man (PG) Fri 3:45-7:05-10 Sat-Mon 12:40-3:45-7:05-10 Tue-Thu 3:45-7:05-10
The Best Exotic Marigold Hotel (G) Fri 6:30 Sat-Mon 12:15-6:30 Tue-Thu 6:30
Brave (G) Fri 3:20-7-9:25 Sat-Mon 12:25-3:20-7-9:25 Tue-Thu 3:20-7-9:25
The Dark Knight Rises (PG) Fri 4:15-8 Sat-Mon 12:30-4:15-8 Tue-Thu 4:15-8
Magic Mike (14A) Fri 3:40-7:15-9:50 Sat-Mon 12:45-3:40-7:15-9:50 Tue-Thu 3:40-7:15-9:50
Marvel's the Avengers (PG) Fri 3:30-6:50-9:55 Sat-Mon 12:20-3:30-6:50-9:55 Tue-Thu 3:30-6:50-9:55
Savages (18A) Fri-Thu 3:25-9:30
The Watch (18A) Fri 3:35-6:55-9:35 Sat-Mon 12:35-3:35-6:55-9:35 Tue-Thu 3:35-6:55-9:35

New West/ Coquitlam

SilverCity Coquitlam 170 Schoolhouse Street

The Amazing Spider-Man (PG) Fri-Tue 7:05-10:10 Wed-Thu 1:30
The Amazing Spider-Man 3D (PG) Fri-Tue 1:30-4:35-7:45-10:50 Wed-Thu 4:35-7:40-10:45
Brave (G) Fri-Wed 12:05-2:25-4:50-7:15 Thu 12:05-2:25
The Campaign (14A) Thu 10
The Dark Knight Rises (PG) Fri-Tue 12:15-3:45-7:20-11 Wed-Thu 12-3:30-7-10:35 Fri-Tue 1:50-3:05-5:25-6:40-9-10:15 Wed-Thu 12:50-3-4:25-6:30-8-10 Fri-Tue 12-1-3:30-4:45-7-10-8:30-10:50 Wed-Thu 3:30-4:45-7-10-8:30-10:50
Deranged (PG) Fri-Tue 12:15-2:55-5:35-8:15-10:55 Wed-Thu 12:15-2:50-5:25-8-10:40
Diary of a Wimpy Kid: Dog Days (G) Fri-Thu 12:25-2:50-5:15-7:40-10:05
Hope Springs (PG) Wed 4:30-7:10-9:40 Thu 2-4:30-7:10-9:40 Star & Strollers Screening, Wed 1
Ice Age: Continental Drift (STC) Fri 1:40-4 Sat 11:15-1:40-4 Sun-Tue 1:40-4 Wed-Thu 12:30
Ice Age: Continental Drift 3D (STC) Fri-Tue 12:30-2:50-5:10-7:30-9:50 Wed-Thu 2:50-5:10-7:30-9:50
Madagascar 3: Europe's Most Wanted (G) Fri-Thu 12:40
Magic Mike (14A) Fri-Wed 12-2:35-5:15-7:55-10:35 Thu 1:30-4:25-7:20
Savages (18A) Fri-Wed 9:40
Sesame Street Presents: Follow That Bird (STC) Sat 11
Step Up Revolution 3D (PG) Fri-Thu 12:10-2:35-5:05-7:35-10:05
Ted (14A) Fri-Tue 12:20-3-5:40-8:20-11 Wed-Thu 12:20-2:55-5:30-8:05-10:45
Fri-Tue 2:30-5:05-7:50-10:35 Wed-Thu 5:05-7:50-10:35
Total Recall (PG) Fri-Thu 1-3:55-7-9:50 Fri-Tue 1:30-4:25-7:30-10:20 Wed-Thu 4:25-7:30-10:20 Fri 2:20-5:10-8-10:50 Sat 11:30-2:20-5:10-8-10:50 Sun-Tue 2:20-5:10-8-10:50 Wed-Thu 2:20-5:10-8-10:45
The Watch (18A) Fri-Thu 12:25-3-5:35-8:10-10:45 Fri-Tue 1:15-4-6:50-9:30 Wed-Thu 4-6:50-9:30

Surrey/White Rock/Langley

Clova 5732-176th St., Surrey

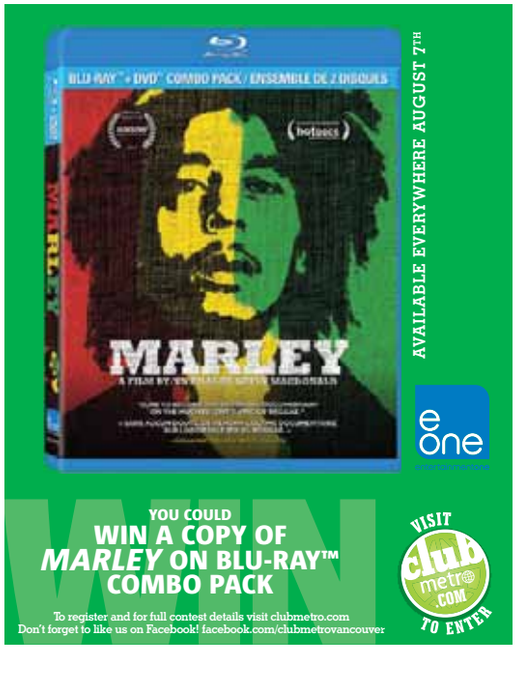
The Amazing Spider-Man (PG) Fri-Thu 7
Brave (G) Fri-Thu 1:30
Madagascar 3: Europe's Most Wanted (G) Fri-Thu 3:30
Rock of Ages (PG) Fri-Thu 9:35

Hollywood 3 Cinema 7125-138th Street, Surrey

Katy Perry: Part of Me (G) Fri-Thu 1:30
Katy Perry: Part of Me 3D (G) Fri-Thu 4:45
Madagascar 3: Europe's Most Wanted (G) Fri-Thu 12:30-4:50
Madagascar 3: Europe's Most Wanted 3D (G) Fri-Thu 12:45-2:45-6:45
Magic Mike (14A) Fri-Thu 2:30-6:50
Marvel's the Avengers (PG) Fri-Thu 3:40-6:30
Marvel's the Avengers 3D (PG) Fri-Thu 8:50
Men in Black 3 (PG) Fri-Thu 9:10
Savages (18A) Fri-Thu 9:25

Strawberry Hill Grande 12161-72nd Ave, Surrey

The Amazing Spider-Man (PG) Fri-Thu 1:30 The Amazing Spider-Man 3D (PG) Fri-Sun 4:40-7:50-11 Mon 4:40-7:45-10:45 Tue 4:40-7:50-11 Wed 4:40-7:45-10:45 Thu 9:45
Brave (G) Fri-Tue 12:15
The Campaign (14A) Thu 10
Carry on Jatta (G) Fri-Thu 12:20-3:30-6:40-10
The Dark Knight Rises (PG) Fri-Sun 12:15-3:45-7:20-10:55 Mon 12-3:30-7-10:35 Tue 12:15-3:45-7:20-10:55 Wed-Thu 12-3:30-7:05-10:40 Fri-Tue 1:15-2:45-4:50-6:15-8:30-9:45 Wed-Thu 1:15-4:50-8:30
Diary of a Wimpy Kid: Dog Days (G) Fri-Thu 12:30-2:50-5:15-7:40-10
Hope Springs (PG) Wed 4:30-7:10-9:40 Thu 2-4:30-7:10-9:40 Star & Strollers Screening, Wed 1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THESE PAGES COVER MOVIE START TIMES FROM FRI., AUG. 3 TO THURS., AUG. 9. TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONEWS.CA/MOVIES.

Strawberry Hill Grande 12161-72nd Ave, Surrey

Ice Age: Continental Drift (STC) Fri-Thu 12:25
Ice Age: Continental Drift 3D (STC) Fri-Thu 2:50-5:15-7:40-10:05
Jatt & Juliet (PG) Fri-Thu 12:35-3:40-6:45
Kyaa Super Kool Hain Hum (PG) Fri-Thu 12:45-4-7:05-10:05
Sesame Street Presents: Follow That Bird (STC) Sat 11
Step Up Revolution 3D (PG) Fri-Thu 12:40-3:10-5:40-8:10-10:40
Ted (14A) Fri-Wed 9:55
Total Recall (PG) Fri-Sun 2:20-5:10-8-10:50 Mon-Thu 2:20-5:10-8-10:45
The Watch (18A) Fri 12:50-3:20-5:50-8:15-10:50 Sat 12:55-3:25-5:50-8:15-10:50 Sun 12:50-3:20-5:50-8:15-10:50 Mon-Thu 12:50-3:20-5:50-8:15-10:45

Studio 12 Guildford 15051-101st Ave, Surrey, 604-581-1176

The Amazing Spider-Man (PG) , Fri-Tue 12:30 , Wed-Thu 3:15
The Amazing Spider-Man 3D (PG) , Fri-Tue 3:15-6:20-9:25 , Wed-Thu 6:20-9:25
The Campaign (14A) , , Thu 10
Carry on Jatta (G) , Fri-Tue 12:55-3:45-6:45-9:45 , Wed-Thu 3:45-6:45-9:45
Cocktail (STC) , Fri-Tue 12:35-3:40-6:50 , Wed-Thu 3:40-6:50
The Dark Knight Rises (PG) , Fri-Tue 12:40-2-3:50-4:20-6:30-8-9:15-9:35 , Wed-Thu 3:50-4:20-8-9:15
Diary of a Wimpy Kid: Dog Days (G) , Fri-Tue 1-3:25-6:40-9:05 , Wed-Thu 3:25-6:40-9:05
Hope Springs (PG) , Wed-Thu 3:20-6:30-9:35
Ice Age: Continental Drift (STC) , Fri-Thu 3:30
Ice Age: Continental Drift 3D (STC) , Fri-Tue 12:30-6:15-9 , Wed 6:15-9 , Thu 6:15
Savages (18A) , Fri-Thu 10:05
Step Up Revolution 3D (PG) , Fri-Tue 1:15-4:10-7:15-9:50 , Wed-Thu 4:10-7:15-9:50
Ted (14A) , Fri-Tue 1:20-4:30-7:25-10:15 , Wed-Thu 4:30-7:25-10:15
Total Recall (PG) , , Fri-Tue 1:10-4-7-10 , , Wed-Thu 4-7-10
The Watch (18A) , Fri-Tue 1:30-4:30-7:10-10:10 , Wed-Thu 4:30-7:10-10:10 , Wed 1

Rialto 1732-152nd Street, White Rock, 604-541-9527, criteriontheatres.com

The Best Exotic Marigold Hotel (G) Fri 7 Sat-Sun 2-7 Mon-Tue 7
Hope Springs (PG) Wed-Thu 7-9
Ted (14A) Fri-Tue 9:15
The Watch (18A) Fri 7:10-9:10 Sat-Sun 2:10-7:10-9:10 Mon-Thu 7:10-9:10

Criterion 4 White Rock 2381 King George Highway, 604-531-7456, criteriontheatres.com

The Dark Knight Rises (PG) Fri-Sun 2-6:30-9:35 Mon-Thu 2-8
Diary of a Wimpy Kid: Dog Days (G) Fri-Thu 2:20-7:30-9:25
Ice Age: Continental Drift (STC) Fri-Thu 2:30-7:15-9
Total Recall (PG) Fri-Thu 2:10-7-9:30

Colossus Langley 20090-91A Ave, Langley, 604-513-8747

The Amazing Spider-Man (PG) Fri-Tue 12:30-3:30-7-10:05 Wed-Thu 7:25-10:30
The Amazing Spider-Man 3D (PG) Fri-Mon 1-4-7:20-10:35 Tue 1-4-7:50-11 Wed-Thu 1-4-7:20-10:35
Brave (G) Fri-Thu 12:30
Brave 3D (G) Fri-Thu 3-5:30-8:10-10:35
The Campaign (14A) Thu 10:15
The Dark Knight Rises (PG) Fri 3:10-6:50-10:30 Sat 11:30-3:10-6:50-10:30 Sun-Thu 3:10-6:50-10:30 Fri-Thu 12:45-1:25-4:35-5:15-8:15-8:55-10
The Dark Knight Rises: The IMAX Experience (PG) Fri-Thu 12-3:40-7:20-10:40
Diary of a Wimpy Kid: Dog Days (G) Fri-Thu 12:30-2:50-5:15-7:40-10
Hope Springs (PG) Wed 12:30-7-9:40 Thu 12:30-3-7-9:40 Star & Strollers Screening, Wed 3
Ice Age: Continental Drift (STC) Fri-Tue 12-2:30-5-7:25 Wed-Thu 12-2:30-5
Ice Age: Continental Drift 3D (STC) Fri-Thu 12:15-2:45-5:10-7:45-10:10
Katy Perry: Part of Me (G) Fri-Thu 1-7
Madagascar 3: Europe's Most Wanted (G) Fri-Thu 12:05-2:25-5-7:35
Magic Mike (14A) Fri-Wed 12:05-2:40-5:20-8:05-10:40 Thu 1:05-3:50-6:50
Marvel's the Avengers (PG) Fri-Tue 10:20
Savages (18A) Fri-Thu 1:30-4:30-7:30-10:35
Sesame Street Presents: Follow That Bird (STC) Sat 11
Snow White and the Huntsman (PG) Fri-Thu 4-9:45
Step Up Revolution 3D (PG) Fri-Thu 12:40-3:10-5:40-8:15-10:40
Ted (14A) Fri-Thu 1:30-4:30-7:25-10:10
Total Recall (PG) Fri-Mon 1:10-4:05-7:15-10:15 Tue 1:10-4:05-7:10-10:15
Wed-Thu 1:10-4:05-7:15-10:15 Fri-Thu 2-4:50-7:45-10:45
The Watch (18A) Fri-Thu 12:45-3:20-5:50-8:20-10:45

Twilight Drive-In 260th Street & Fraser Highway, Langley, 604-856-5063

The Amazing Spider-Man (PG) Fri-Sun 2:15
The Dark Knight Rises (PG) Fri-Thu 11:15
Total Recall (PG) Fri-Thu 9

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BRITISH COLUMBIA

The Word

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Macaulay Culkin 'dead in six months'?

MONICA WEYMOUTH
scene@metronews.ca

Macaulay Culkin hasn't been doing much these days, but we just assumed that was because he's Macaulay Culkin.

The National Enquirer, however, claims that the actor has spent the past few years in a heroin hangover that's only getting worse.

"He's been hooked for a year and a half, and his drug of choice is either heroin or oxycodone," a source tells the paper (which, yes, we read — you're welcome).

"Mac is surrounding himself with junkies and lowlifes. It's a real tragedy."

Despite intervention, a friend tells the paper he's not listening, hence the photos of him looking gaunt and dishevelled: "His closest friends fear that he'll overdose or his heart will explode. If he doesn't get help and enter rehab now, he could be dead in six months."

Culkin's team, however, says there's no truth to the story.

"The report ... is not only categorically without merit, but it is also impossibly and ridiculously fictitious," his publicist tells E! Online.

If Culkin is struggling with addiction, we sincerely hope he gets the professional help he needs. If he isn't, well, we still sincerely hope he gets the professional help he needs — starting with a shave and ending with a trip above ground. Seriously kid, we have Girl Scout cookie ice cream up here now — join us!

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Bad girl chef Nadia G heats up your backyard

Long weekend. The Food Network star offers her tips for throwing a memorable barbecue get-together

DAN CLAPSON
life@metronews.ca

Food Network chef Nadia G. SUBMITTED

Our favourite bad girl in the kitchen, Nadia G, who is currently in the process of creating season three of her hit Food Network cooking show, Bitchin' Kitchen, has two cookbooks under her belt and a style that's all her own. If anyone knows how to throw a rockin' backyard barbecue this long weekend, it's Nadia!

What are some of your go-to summertime dishes?
I have a bunch of go-to dishes, but I like updating the hotdog by grabbing spicy Italian sausage and using minced giardiniera as the relish. Combing mustard with maple syrup (also gives) the hotdog a new twist.

Cooking for idiots. What is one thing someone can throw onto the grill that's virtually impossible to screw up?
Anyone can cook anything on a BBQ in foil. That's always a great trick. You're not using the direct heat and you can give the food the time it needs to cook completely.

If you had to pick: sangria, mojito or beer and why?
I'd have to say a mojito. I'm just a simple girl getting kicked out of bars in three-inch stilettos. When things have too much flavour, like sangria, it can be a bit much with all the fruit and the wine, you also got some soda in there.

Parties can get a little rowdy sometimes. Any advice on how to politely remove a drunken idiot?
How to remove a drunk person? Yeah…I'd have no one left at my backyard party! Ha, ha, ha. What kind of party is that?

Nadia's Grilled Apricot & Feta Salad

1. Vinaigrette: In food processor, blend 4 tbsp olive oil, 3 tbsp of champagne vinegar, honey, vanilla extract, and garlic clove. Fold in the poppy seeds, sea salt and pepper.

2. Apricots: Heat barbecue to medium-high. Baste apricot halves with olive oil. Using tongs, sear fleshy side of apricots 90 seconds, turn over to sear the skin side 1 minute. Remove them from the heat, and let cool.

3. Pickled onions: Heat saucepan over medium-high heat. Add onion slices, pour remaining champagne vinegar, stir, and simmer until onion slices turn bright pink, 30 seconds. Remove from the heat and cool.

4. Divide apricot halves equally among 4 plates. Sprinkle each serving with 1/4 cup of crumbled feta and a heaping tablespoon of pickled onions. Drizzle with the vinaigrette, and garnish with fresh mint leaves. COURTESY OF NADIA G

Ingredients

- extra virgin olive oil
- 1/3 cup champagne vinegar
- 1 tbsp creamed honey
- 1 tsp vanilla extract
- ½ garlic clove
- 1 tbsp poppy seeds
- sea salt and black pepper
- 8 apricots (halved and pitted)
- ½ small red onion (sliced)
- 1 cup crumbled feta cheese
- 4 fresh mint leaves

Liquid Assets

Lip-smackin' flavours of whiskey

LIQUID ASSETS
Peter Rockwell
@therealwineguy
peterrockwell@eastlink.ca

With all due respect to wine fans, whiskey lovers are the ultimate liquid nerds who collect, study, analyze and keep to the traditions of their chosen spirit.

Much of that tradition has been tossed out the window this summer with a variety of flavoured whiskies hitting store shelves. For all you aficionados who just called 911, they're bringing a whole new audience to whiskey.

While the Scots have held off for now, North American distillers have jumped on the infused booze bandwagon with the zeal of an audience at a Justin Bieber concert.

Now, before you go all Lemon Gin on me, I've tried them all. Know what? They're quite interesting, particularly Jim Beam's Red Stag Black Cherry Bourbon ($26.25 - $28.49).

Though the name alone may be enough to send some American whiskey buffs into convulsions, I was quite charmed by its nice balance of natural black cherry flavour and the bourbon's charred, upfront personality.

Cocktail options abound with the fruit aspect of the booze holding its own against many a mix. That said, I prefer it served ice cold straight from the fridge all by its lonesome.

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On the Web

Cookbook featuring muffins for vegans has versatile and easy-to-make recipes

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Have a few gaps in your schedule you're looking to fill?
Whether you're hoping to dance, drink or just relax, check out these hot upcoming events courtesy of Notable.ca.
To get even more info on these Notable happenings make sure to check out notable.ca/nationwide/metro/august3

NOTABLE NOW
Julian Brass, Founder of notable.ca, Canada's online source for young professionals

Art battle

Head to North Vancouver's revamped Shipbuilders Square, located next to Lonsdale Quay and participate in Showdown in the Square, a live painting contest. On August 4 starting at 4 p.m., bring your own brush, roll up your sleeves and tackle your own free 8x8 inch canvas. There will be live music, free beverages and $1,000 in prizes to be won. For more event details visit the Facebook page.

Chow down on some tacos

Find your foodie fix at the much anticipated opening of Tacofino's first standalone restaurant at 2327 East Hastings Street. Following the demand of Vancouverites for their marvellously fresh Mexican offerings via their roving food trucks, patrons can now sample an extended menu of dishes and wash it down with a cold Margarita or two. For info visit tacofino.com.

Harmonious fest

Starting this weekend, make your way over to West Vancouver and take in 10 days worth of music, art festivities, food and fine wine as you peruse the art market at this stunning beachfront setting. Catch up-and-coming acts such as Ali Milner, Colin Bullock, Melanie Dekker and many more. Festival headquarters are located at 1564 Argyle Ave. For schedule and info visit harmonyarts.ca.

Powell it up

This weekend marks the return of the 36th Annual Powell Street Festival, which celebrates Japanese-Canadian culture, art and heritage in Vancouver. Head to Oppenheimer Park August 4 and 5 and discover the depth of Japanese culture within our city through art, photo exhibits, food, film screenings, musical, dance, theatrical performances and more. For info visit powellstreetfestival.com.

Last chance to see the lights

This Saturday, at 10 p.m., catch the final display of lights at English Bay's Sunset Beach and see what Italy has in store. As one of Canada's largest firework's competitions, this is a sure sign of summer and always draws a huge crowd. Enjoy a birds-eye view at the YVR Observation Deck for the best fireworks vantage point in the city.

Show your Pride, Van city

Pride is back for another year of celebrations from August 3 to 6 . Hosted by the Vancouver Pride Society, this festival brings together performers, participants and supporters from all over the city to enjoy dance parties, films, arts and raucously fun entertainment. The festival highlight is always the parade (Sunday) that features 150 colourful floats and draws more than 650,000 people in attendance each year. For details visit gayvancouver.net.

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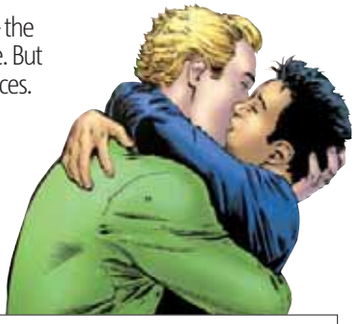
When the second issue of DC Comics' Earth 2 issue came out on June 5, 2012, so did one of the comic legend's oldest superheroes – the Green Lantern. As scandalous as it might have been for the original Lantern to be gay in 1940, the 2012 version caused barely a ripple. But is it really easier coming out as gay or lesbian now than in decades past? Here are four real-life accounts from different times and places.

KATHY ULLYOTT
Metro World News

Out: About



HANDOUT

Andrew Chase

Chef and food writer, Toronto, age 57

Coming-out age: Just before my 18th birthday.

Coming-out story: I was a freshman at university and adjusting to being away from home and admitting to myself that I was gay. I came out first to a friend in my dormitory whom I suspected was also gay (I was right). It was strange, natural, easy, difficult, uncomfortable and liberating.

Any negative repercussions? I had extreme difficulties with my family when I finally came out to them 10 years later, but that mellowed to complete acceptance after about a year.

Differences between coming out now versus then: I think coming out to oneself is probably as hard it was in my time, but society in general is obviously much more accepting today.

What I would tell a young person considering coming out as gay or lesbian today: Do it when you feel comfortable. It can be a gradual process. Realize certain people might never understand, but that is their problem, not yours.

Caleb

Visual effects artist, Vancouver, age 25

Coming-out age: 20

Coming-out story:
I told everyone via Facebook. My parents weren't on Facebook, though, so I had to tell them in person; that was a bit more difficult.

Any negative repercussions?
No, not really; everyone was totally cool. My mom was fine; I don't think she was that surprised.

What I would tell a young person considering coming out as gay or lesbian today: Don't stress out about it too much — tell whom you want to, people you are close to. It can be difficult to tell your parents — but there's a really good chance that they know more than you think they know.

Julia Gulliver

Preparatory chef, dishwasher and student, St. John's, age 19

Coming-out age: 15

Coming-out story: I was in Grade 10, and my best friend knew I had a crush on someone. She tried to guess who it was, guessing every boy we know (nope!). Finally she said, "Is it a girl?" I said, "Yes!" Then I was like a runaway train, telling everybody.

Any negative repercussions? Not really. It took my family a month or two to warm up to the fact. My mom cried. But for her it was less about my being lesbian and more about life being maybe a more difficult road for me.

What I would tell a young person considering coming out as gay or lesbian today: Make a list of things that might happen. If you're not sure how important people (to you) might react, test the waters first by saying, 'Here's this interesting story I read ...' Proceed with caution if you don't like the reaction.

Bradley Borg

Events planner, Toronto, age 52

Coming-out age:
17, when I put words to it.

Coming-out story:
I'd kind of always been out. But when I was in high school I fell madly in love with someone so I found myself putting words around it, saying 'I'm gay.'

Any negative repercussions?
Well, I had a boss once who fell in love with me; when I told her I was gay she fired me. In 1981 when my mom was dying of pancreatic cancer, she was losing her hair from the chemo and asked me to give her a punk haircut. As I was doing it, she said, 'Don't ever tell your father (that you're gay).' It wasn't that he didn't know; he just didn't want to hear it.

What I would tell a young person considering coming out as gay or lesbian today: Just be who you are, be yourself, love who you love, be proud of who you are. I don't think there's any need to make a big pronouncement to the world. Straight people don't walk into a boardroom and say, 'Hey, everybody, I'm straight!' Why should you?

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Barefoot Davie St. Dance Party

Dance the night away in the heart of the Village. The street will be closed to traffic and open to partiers kicking off pride weekend (shoes are required). Aug. 3, 7 p.m. to midnight, Davie St between Burrard and Jervis St.. Main entrance at Broughton St. $15 in advance, $20 at the door. 19+ event.

Dance performance

Queer Arts Festival: Noam Gagnon

Dancer and choreographer Noam Gagnon presents his new work titled Thank You, You're Not Welcome. Aug. 3, 7:30 to 9:30 p.m. Roundhouse Performance Centre, 181 Roundhouse Mews. Tickets $20 advance at Little Sister's, 1238 Davie St, or brownbagtickets.com Tickets $12 to $30 at the door.

Trailblazer

Terry Wallace Memorial Breakfast

Enjoy a pancake breakfast prepared by Safeway to honour the late founder of the Vancouver Pride Society, Terry Wallace. Aug 4., 8:30 to 11 a.m. Bute Street and Davie Street. By donation.

For the young folk

Pride Youth Dance

Presented by the Vancouver Pride Society and QMUNITY Gab Youth, join more than 300 youth from all over BC to celebrate Pride. This drug and alcohol free event is for youth ages 25 and under who identify with any sexual orientation and gender. Aug. 5, 8 p.m. to midnight. Westend Community Centre, 870 Denman St. Admission is by donation. gabyouth@qmunity.ca

Sunset Beach

Pride Festival

Each year more than 125,000 people come out to celebrate the annual Pride Festival on the shores of Sunset Beach. Check out the live music, Pride market and beer garden. Aug. 5, 11 a.m. to 6 p.m. Sunset Beach. Free admission.

Free admission

Pride Parade

Celebrate Pride with 600,000 of your friends and family on the streets of Vancouver. Aug. 5, 12 to 3 p.m. The Vancouver Pride Parade route travels along Robson Street to Denman St. then heads to Beach Avenue and ends at the Sunset Beach Pride Festival event. Free admission. vancouverpride.ca/parade-route.

Activist Kelly Worrall looks to make life better for trans people

Transitioning. Father of three says queer community still has a long way to go

PHYLICIA TORREVILLAS
phylicia.torrevillas@metronews.ca

Vancouver resident Kelly Worrall, an Electronic Arts producer, transitioned from male to female two years ago. PHYLICIA TORREVILLAS/METRO

Kelly Worrall aims to be a game changer in the fight to end transphobia in society, even within the queer community.

When the Electronic Arts producer transitioned from John to Kelly two years ago, she was worried about discrimination given that it was a male-dominated industry.

But she said the Burnaby-based company went to great lengths to prepare her coworkers about her transition from male to female. EA and Worrall spent a year working on a strategy to build a safe workplace that's welcoming of gender diversity, which included a reminder about EA's harassment policies.

The 38-year-old father of three said the trans community still has a long way to go and she would like to bridge the gap particularly between trans-people and the rest of the queer community.

"I have sometimes a really hard time with the (Pride) party because for transgendered people, life is not yet worth celebrating at that level," she said.

"When we talk about income disparity between gays and lesbians versus transgendered people, it is enormous.

"When we talk about acceptance, trans-women are still largely not accepted in lesbian communities," said Worrall, who moved to Canada in 2010 from Virginia.

She is hoping to work with the Vancouver Pride Society and the trans community to make Pride week a time that everyone can enjoy.

She would also like to see better health services and an educational campaign to let people know about transgendered people.

"When people meet me, they're often unsure what to make of me, because I'm trans," she said.

"Once they get past their uncertainty about trans people, they're thrilled to know me, but people need to know that thrill ahead of time, and know that we're beautiful, healthy and useful people."

Aside from dealing with her own transition and her desire to help fellow transgendered people, she is also coping with personal losses.

Worrall's ex-wife brought their children to Singapore to visit her dying father in May 2011, filed for divorce, and never came back. Worrall only sees her pre-teen sons through Skype on weekends.

"It's borne of transphobia," said the East Van resident.

"Her family wanted her back. It was too hard for them — particularly with the culture in Singapore — to accept that their daughter, who they didn't want getting married and moving to America in the first place, now has a husband who is a woman. I couldn't do anything to compete with that."

Worrall began hormone therapy in January of 2011, but has not yet decided whether she needs to have surgery to feel comfortable in her body, or whether she can find gender harmony without surgery.

Despite the tough year she's had, Worrall said that transition-wise, she's never been happier.

"I found comfort with myself and comfort with my body," she said.

Follow Phylicia Torrevillas on Twitter @ptorrevillas

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Canada's women's eight rowing team celebrate their silver-medal performance on Thursday at the 2012 London Olympic Games. From left, Janine Hanson, Rachelle Viinberg, Krista Guloien, Lauren Wilkinson, Natalie Mastracci, Ashley Brzozowicz, Darcy Marquardt, Andreanne Morin and Lesley Thompson-Willie.
JASON RANSOM/CANADIAN OLYMPIC COMMITTEE

A silver lining for Canadian rowers

Rowing. Canadian women 'can't be disappointed' with silver-medal finish behind U.S.

Andreanne Morin clutched her Olympic silver medal, as if remembering every early morning training session and aching muscle that preceded it.

"For me this is the culmination of my 12 years of rowing," said the 30-year-old from Quebec City, after Canada's second-place finish in the women's eight Thursday. "I'm talking to you and holding onto this (medal) quite tightly, because it's the proof, the material proof of what I've done.

"It's a lot about the journey and what you live with these teammates. That's how I look at it today. It was an exceptional race, it really was."

The Canadian women lost to an exceptional team. The U.S., champions in Beijing, have not been beaten in six years.

But it was a photo finish in May when the two met at a World Cup in Lucerne, Switzerland, where the U.S. won by just 0.03 seconds.

On Thursday, the powerful Americans led all the way to win in six minutes 10.59 seconds. The Canadians charged at them down the stretch, posting the fastest splits in the final 1,000 metres, but could not peg them back and finished in 6:12.06 ahead of the Dutch in 6:13.12.

"I have to take my hat off to the U.S. crew," said Peter Cookson, Rowing Canada's high performance director. "We literally did everything we could to try to win the race.

"When you look at all the training we did and all the physiology work we did, all the recovery work we did with that group. And they're an unbelievably great group of women in our Canadian boat. And for them to get beat, that must take a really great crew to beat them."

Cookson noted the women's eight had come from "not a great place in 2009," when they barely made the final at the world championships. Now they are the team keeping the U.S. on their toes.

To a woman, the Canadians were beaming after the race. They were also emotional, knowing a changing of the guard is inevitable after the Olympic quadrennial.

But there were no regrets. The women clambered over the fence in front of the friends and family section to hug loved ones and show off their medals under the sun at Eton Dorney.

"We went to win and didn't do it, but sure are enjoying the silver," said 52-year-old coxswain Lesley Thompson-Willie.

"No regrets, great race."

Lauren Wilkinson of North Vancouver said the Canadians had given it their all.

"Obviously we wish that our bow had been in front but we just gave it our everything," said Wilkinson. "I don't think a single person in that boat had anything left in the tank."

THE CANADIAN PRESS

Swimming

Hayden back in pool hours after medal win

Brent Hayden prepares for his 50m freestyle semi-final Thursday.
FRANK GUNN/THE CANADIAN PRESS

Celebrating an Olympic medal all night instead of swimming another race was not an option for Brent Hayden.

Hours after winning his bronze in the 100 freestyle, Hayden was back on the start blocks in the 50-metre freestyle Thursday.

He didn't make it to the final, but he still felt it was worth doing.

"I'm in an event in the Olympics," Hayden said. "You've got take that opportunity. For me, it's never going to come around again.

"I knew I was an outside shot, but I knew if I did nail my race, I knew that I would have actually had a shot to be in the final and maybe even go for a podium."

The 28-year-old from Mission, B.C., qualified out of the morning heats for the evening semifinal, in which he finished tied for 14th. He'll race again Friday with the Canadian men in the 4 x 100 medley relay.

THE CANADIAN PRESS

Mobile sports

A 37-year-old flag-bearer. A 39-year old cyclist. Sailors in their 40s. A retirement-aged show jumper. Canadians might be tempted to think the Olympics are pushing the boundaries of middle age this year, given the vintages of some of the athletes representing this country at the London Games. Scan the code for the story.

Phelps bests Lochte for first 2012 solo gold

Michael Phelps, right, and Ryan Lochte pose with their medals after the men's 200-metre individual medley final on Thursday in London, England. They finished first and second, respectively. CLIVE ROSE/GETTY IMAGES

Michael Phelps added to his medal collection with his first individual gold of the London Games, and handed Ryan Lochte a double disappointment on his rival's final night in the pool.

Phelps set the tone right from the start Thursday to become the first male swimmer to win the same individual event at three straight Olympics, capturing the 200-metre individual medley for his 20th career medal — and 16th gold. He touched in 1 minute, 54.27 seconds, just off his winning time in Beijing, but still good enough for gold. Lochte settled for silver and Hungary's Laszlo Cseh took the bronze.

So a farewell games that started as a bit of a disappointment for Phelps is definitely looking up. He's now won two golds and two silvers in five races — not up to his standards when he went 8-for-8 in China four years ago, but a fitting capper to a brilliant career that still has two more events to go.

"Going into every call room, I said it's my last semi-final or my last prelim or my last semi of the 100 fly, so tonight is the last semi ever," said Phelps, who plans to retire from swimming as soon as he touches the wall for the final time in London. "We're kind of chalking up all the lasts of certain things." THE ASSOCIATED PRESS

Phelps vs. Lochte

The number of medals won by the American swimmers:

- **Phelps.** Four medals — two golds and two silvers — with the chance of finishing the Games with six.
- **Lochte.** Five medals — two golds, two silvers, one bronze.

Bolt's chance to take over London

Track-and-field. 2008's 100-metre champion wants to be 'living legend,' but will face big test in countryman Blake

An image of Usain Bolt is projected onto the British House of Parliament during last Friday's opening ceremony. FENG LI/GETTY IMAGES FILE

By the time Usain Bolt's showboating, record-breaking, gold-gobbling act on the track got revved up at the Beijing Games four years ago, Michael Phelps was already firmly established as the star of those Olympics.

Nothing anyone did — even Bolt's unprecedented sweep of the 100, 200 and 4x100-metre relay with best-in-history times — could possibly steal the spotlight from Phelps and his eight-gold performance in the pool.

Now it's a different story.

The first week of the London Olympics left a noticeable vacancy on centre stage. As if on cue, up steps Bolt, the effervescent Jamaican sprinter who comes in with the most to win, and lose, as the 10-day athletics meet begins Friday at 80,000-seat Olympic Stadium.

Bolt wants nothing less than to become a "living legend" and is well aware that repeat victories in the two individual sprints will put him there. Of course, he'll need to be better than countryman Yohan Blake, who upset Bolt in the 100 and 200 finals at the Jamaican trials.

Win or not, Bolt is guaranteeing a good show.

"Hands down. For sure," he said. "I'm thinking this could easily be one of the fastest 100 metres anybody has ever seen, because these guys have shown a lot of potential throughout the season. There are guys that have been running fast, especially because it's an Olympic year."

Bolt was coasting, thumping his chest before he crossed the finish line when he set the world record in Beijing at 9.69 seconds. At the world championships a year later, he lowered it to 9.58. Bolt and his coach, Glen Mills, both say a 100-metre run in the 9.4-second range is possible, but only if the weather in London co-operates. The forecast for Sunday's final calls for murky skies with a 30 per cent chance of rain.

Beyond Bolt and Blake, nearly every main contender in the marquee event has a good story to tell. There are Americans Tyson Gay (oft-injured, still in search of an Olympic medal) and Justin Gatlin (2004 Olympic champion, back in 2012 after a four-year doping ban), and another Jamaican, 29-year-old Asafa Powell, a former world-record holder who is still fast.

THE ASSOCIATED PRESS

Quoted

"There's no pressure. Yes, I'm the fastest man in the world right now and some people say I'm the man to beat, but when we're on the line, it's different."

Jamaica's Yohan Blake

Canadian hopeful

Nine Canadians compete on the first day of track and field Friday, including Jessica Zelinka of London, who is gunning for a podium finish in the heptathlon after finishing fifth four years ago in Beijing.

THE CANADIAN PRESS

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3 to watch this weekend

1 Women's soccer

Canada plays for its first-ever spot in the final four when they battle Great Britain.

It won't be easy as Britain has won all three preliminary-round games without allowing a goal.

Time: Friday, 11:30 a.m.
Channel: OLN

2 Women's trampoline

Karen Cockburn, pictured, will try to add to her three Olympic medals (two silver, one bronze) while Rosannagh MacLennan looks for her first.

Both Canadians are strong podium candidates.

Time: Saturday, 6 a.m. (qualification), 7:20 a.m. (final).
Channel: CTV

3 Women's diving

Jennifer Abel already has one bronze medal and will be looking for more in this weekend's three-metre individual springboard.

Time: Sunday, 11 a.m (final).
Channel: TSN

THE CANADIAN PRESS

Day 6 results

MEDAL STANDINGS

THROUGH 91 OF 302 EVENTS

Nation	G	S	B	Total
United States	18	9	10	37
China	18	11	5	34
Japan	2	6	11	19
Germany	4	8	5	17
France	6	4	6	16
Russia	3	5	8	16
Britain	5	6	4	15
South Korea	7	2	5	14
Australia	1	7	3	11
Italy	3	5	2	10
Canada	**0**	**2**	**5**	**7**
Netherlands	2	1	3	6
Ukraine	2	0	4	6
Romania	1	3	2	6
North Korea	4	0	1	5
Hungary	2	1	2	5
Brazil	1	1	2	4
Mexico	0	3	1	4

WHAT CANADA DID

Thursday at the 2012 London Olympics:

BADMINTON

Women's doubles — Alexandra Bruce and Michele Li, both Toronto, lost their semifinal match to Mizuki Fujii and Reika Kakiiwa of Japan, 2-1 (21-12, 19-21, 21-13), and will play the Russian team for the bronze medal.

BEACH VOLLEYBALL

Women — Annie Martin, Lachine, Que., and Marie-Andree Lessard, Lasalle, Que. (0-3 in round-robin), were eliminated after losing 2-1 to Marta Menegatti and Greta Cicolari of Italy.

GYMNASTICS

Women's all-around final — Dominique Pegg of Sarnia, Ont., placed 17th overall with a score of 55.565 points.

JUDO

Women's under-78 kilogram class — Amy Cotton, Montreal, lost in the elimination round to Audrey Tcheumeo, France, by Yuko, De-ashi-barai.

ROWING

Women's lightweight double sculls — Lindsay Jennerich and Patricia Obee, both Victoria, were fourth in their semifinal in seven minutes 14.83 seconds, and will race in the B-final.

Women's eights (with coxswain) — Canada (Ashley Brzozowicz, London, Ont.; Krista Guloien, Port Moody, B.C.; Janine Hanson, Winnipeg; Darcy Marquardt, Richmond, B.C.; Natalie Mastracci, Thorold, Ont.; Andreanne Morin, Quebec City; Lesley Thompson-Willie, London, Ont.; Rachelle Viinberg, Regina; Lauren Wilkinson, North Vancouver, B.C.) won the silver medal (6:12.06).

Men's double sculls — Michael Braithwaite, Duncan, B.C., and Kevin Kowalyk, Winnipeg, placed sixth in the B-final (6:32.61).

Men's fours — Canada (William Dean, Kelowna, B.C.; Anthony Jacob, Victoria; Derek O'Farrell, Montreal; Michael Wilkinson, North Vancouver, B.C.) placed fifth in their semifinal (6:08.90) and are relegated to the B-final.

SAILING

49er — Gordon Cook, Toronto, and Hunter Lowden, West Vancouver, B.C., are in 15th place after eight races with 74 points.

470 — Luke Ramsay and Mike Leigh, both Vancouver, are 25th overall with 46 points.

Finn — following the eighth race, Greg Douglas of Toronto stands 15th overall (105).

Keelboat/Star — Richard Clarke, Salt Spring Island, B.C., and Tyler Bjorn, Beaconsfield, Que., are ranked 13th (75 points).

Men's RS-X (windsurfing) — Zachary Plavsic, Vancouver, is eighth overall through six races (40).

Women's RS-X (windsurfing) — after six events, Nikola Girke of West Vancouver, B.C., is ninth (40).

SWIMMING

Women's 200 backstroke — Sinead Russell, Burlington, Ont., was seventh in qualifying (2:09.04), and earned a berth in Friday's final with the eighth-best time in the semifinals (2:08.76); Hilary Caldwell, White Rock, B.C., did not advance beyond qualifying (2:10.75).

Women's 200 breaststroke — Martha McCabe, Toronto, placed fifth in the final (23.16) — 2.24 seconds out of the bronze medal.

Women's 800 freestyle — Alexa Komarnycky, Victoria, placed 11th overall in qualifying (8:28.11); Savanah King, Toronto, was 15th (8:29.71); neither qualified for the final.

Men's 50 freestyle — Brent Hayden of Mission, B.C., was 13th overall in qualifying (22.15), but did not advance beyond the semifinals where he tied for 14th (22.12).

Men's 100 butterfly — 20. Joe Bartoch, London, Ont,. was 20th overall in qualifying (53.09), did not advance.

SOCCER

WOMEN

QUARTER-FINALS

Friday's games — All Times Eastern
Sweden vs. France, 7 a.m.
United States vs. New Zealand, 9:30 a.m.
Brazil Japan, Noon
Britain vs. **Canada**, 2:30 p.m.

BASKETBALL

MEN

FIRST ROUND

Group A

Team	W	L	Pts
United States	3	0	6
France	2	1	4
Argentina	2	1	4
Lithuania	1	2	2
Nigeria	1	2	2
Tunisia	0	3	0

Group B

Russia	3	0	6
Spain	3	0	6
Brazil	2	1	4
Australia	1	2	2
Britain	0	3	0
China	0	3	0

Thursday's results
Argentina 92 Tunisia 69
Australia 81 China 61
France 82 Lithuania 74
Russia 75 Brazil 74
Spain 79 Britain 78
United States 156 Nigeria 73

WOMEN

FIRST ROUND

Group A

Team	W	L	Pts
China	3	0	6
United States	3	0	6
Turkey	2	1	4
Czech Republic	1	2	2
Croatia	0	3	0
Angola	0	3	0

Group B

France	3	0	6
Russia	3	0	6
Australia	2	1	4
Canada	**1**	**2**	**2**
Britain	0	2	0
Brazil	0	2	0

Friday's games — All Times Eastern
Angola vs. Croatia, 4 a.m.
Russia vs. Australia, 6:15 a.m.
Brazil vs. **Canada**, 9:30 a.m.
Turkey vs. China, 11:45 a.m.
France vs. Britain, 3 p.m.
Czech Republic vs. United States, 5:15 p.m.

SWIMMING

WOMEN

200 BREASTSTROKE

Final

1. Rebecca Soni, United States, 2:19.59.
2. Satomi Suzuki, Japan, 2:20.72.
3. Iuliia Efimova, Russia, 2:20.92.
4. Rikke Pedersen, Denmark, 2:21.65.
5. **Martha McCabe, Toronto, 2:23.16.**
6. Micah Lawrence, United States, 2:23.27.
7. Suzaan van Biljon, South Africa, 2:23.72.
8. Sally Foster, Australia, 2:26.00.

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Horoscopes

♈ Aries
March 21 - April 20
You will find it hard to get through your "to do" list today — your heart is just not in it. In which case, why not take the hint and relax for a while? It's not as if you haven't earned it.

♉ Taurus
April 21 - May 21
You may be tempted to cut a deal that gives you less than you know you are worth but you are strongly advised not to do it. If you give in once, you will be expected to do it again and again.

♊ Gemini
May 22 - June 21
You seem to be at peace with yourself at the moment, which isn't something you can say too often. Wherever you go and whatever you do, nothing will faze you. If only every day could be this easy!

♋ Cancer
June 22 - July 23
If you are a typical Cancerian you will want to do something creative today, something in which you can involve both your head and your hands. It will be more exciting if you do it with like-minded people.

♌ Leo
July 24 - Aug. 23
You are in a generous mood at the moment — you want to share your good fortune with the whole world. That may not be possible but you can share it with a special few, who in turn will share it with others.

♍ Virgo
Aug. 24 - Sept. 23
Do you tell a friend what they need to hear, or what they want to hear? It's got to be the former, even though they may dislike what you say and dislike you for saying it. They'll thank you one day.

♎ Libra
Sept. 24 - Oct. 23
Find a way to escape the daily grind, if only for a few hours. You need to spend some time by yourself to get your thoughts in order and decide what you ought to do next. Clear a space for your mind.

♏ Scorpio
Oct. 24 - Nov. 22
Take time out from your busy schedule today to get to know someone who is sending you signals you cannot ignore. Could it be the start of a new romantic relationship? Yes. But it's not the only possibility.

♐ Sagittarius
Nov. 23 - Dec. 21
How often do you say the three magic words "I love you"? Not often enough. Make it your number one priority today to remind the most special person in your life that you still care deeply for him or her.

♑ Capricorn
Dec. 22 - Jan. 20
You may be a bit of a workaholic by nature but you can sense it is time to slow down. As the week draws to a close you should draw a line between work time and play time — and favour the latter.

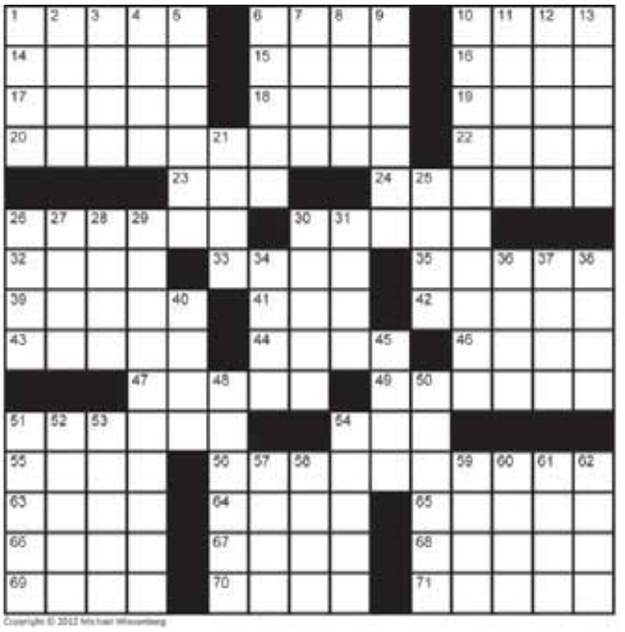
♒ Aquarius
Jan. 21 - Feb. 19
You are in love with the world and everyone in it. Well, OK, maybe not everyone, but most people, the good people, the ones who share your desire to make the world a better place. Very few don't.

♓ Pisces
Feb. 20 - March 20
There is something you want to say but are reluctant to do so because you fear it won't go down well with loved ones. Maybe it won't, but the truth is the truth. Sooner or later, it is sure to come out.

SALLY BROMPTON

Crossword: This, That, and the Other

BY MICHAEL WIESENBERG



Across

1. Apple devices with earbuds
6. Body art, slangily
10. Cabaret star Minnelli
14. Chart again
15. "Ah! Say no more"
16. "... unto us ___ is given": Isaiah 9:6, foretelling the birth of Jesus
17. From the Emerald Isle
18. Come-on
19. William Lyon Mackenzie ___: 10th Prime Minister
20. Saint John, NB-born Donald who starred in the remake of Invasion of the Body Snatchers and Eye of the Needle
22. Québec summers
23. Cowboy actor Rogers
24. Sign up for military service
26. Lowered the lights
30. Calgary Stampede, at heart
32. Operatic solo
33. 007's alma mater (as well as Ian Fleming's)
35. "Also" in Québec
39. Swedish strongman actor Lundgren (Rocky IV, The Expendables)
41. Wide wonder
42. 747 flier
43. Foot joint
44. Duo
46. Easily molded
47. ___ DeGeneres
49. Canada's best known retailer, familiarly
51. #1 1980 Blondie tune about phoning
54. Observe
55. "___ sow, so shall ..."
56. Canada's third largest financial institution
63. Almond ___: toffee candy
64. Ripped
65. Claw
66. Artificial grass
67. Red-wrapped cheese
68. Make happy
69. "Sad to say..."
70. Fam. members
71. Sign up for more magazine issues

Down

1. Center of the eye
2. Lima's land
3. Decide not to include
4. Track sprint
5. Orb
6. Canadian actress and poker player Jennifer (Oscar-nominated for Bullets Over Broadway) or younger sister actress Meg
7. Largest continent
8. Nashville's state: abbr.
9. Sowed grass
10. Rocky Mountains best known vacation destination after Banff
11. "Lord, ___?": Last Supper question
12. Daydreams, with "out"
13. Acute feeling of anxiety
21. Went on horseback
25. Bimonthly tide
26. Baby's second word, often
27. Clothes presser
28. Exploit
29. Toronto team
30. Mr. Bean actor Atkinson
31. "Dedicated to the ___ Love": 1961 Shirelles hit
34. CD predecessor
36. Pig
37. Davenport
38. Teeny
40. Captaincy
45. Trans-Canada Highway, in short
48. PM Pearson
50. Wintertime appliance
51. Magna ___
52. "Don't tell ___!": "Mum's the word!"
53. Du Pont trademarked stretch material
54. Plant supports
57. The Da Vinci ___
58. Spoken
59. Hay amount
60. Actor Alda
61. Brief bit of correspondence
62. Felt certain

Yesterday's crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

4		9				8		1
	6	3	2		8	4	5	
7								3
			6		4			
	4			1			9	
			9		5			
5								4
	3	4	5		7	1	2	
9		6				5		7

Yesterday's Sudoku

7	4	2	8	5	1	3	6	9
1	8	3	4	9	6	2	7	5
5	9	6	7	3	2	1	8	4
3	7	9	2	1	5	8	4	6
8	2	4	6	7	9	5	1	3
6	5	1	3	8	4	9	2	7
9	1	7	5	4	8	6	3	2
4	6	5	1	2	3	7	9	8
2	3	8	9	6	7	4	5	1

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Miami	from $496 incl $358 base + $138 taxes & fees
Toronto	from $504 incl $269 base + $235 taxes & fees
San Diego	from $529 incl $398 base + $131 taxes & fees
Cancun	from $535 incl $195 base + $340 taxes & fees
London	from $724 incl $149 base + $575 taxes & fees
Amsterdam	from $740 incl $249 base + $491 taxes & fees
Costa Rica	from $799 incl $490 base + $309 taxes & fees
Frankfurt	from $799 incl $240 base + $559 taxes & fees
Lima	from $1014 incl $569 base + $445 taxes & fees
Bangkok	from $1069 incl $622 base + $447 taxes & fees
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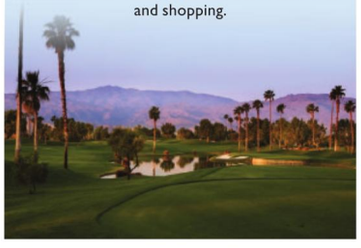

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San Diego Air + 3 Nights — from $734 incl $599 base + $135 taxes & fees
ADD zoo admission from $50.

Napa Valley
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Europe

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BONUS daily breakfast included.
ADD London Eye ticket from $33.

Frankfurt & Berlin
Air + 7 Nights + Rail + Tours — from $1627 incl $1069 base + $558 taxes & fees
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Paris & London Air + 7 Nights + Eurostar + Tours — from $1874 incl $1299 base + $575 taxes & fees
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Hawaiian Islands

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INCLUDES oceanview accom.

Tofino 2 Nights — from $243 taxes & fees included
INCLUDES resort lodge accom located within the Pacific Rim National Park. **ADD** rainforest hike and kayak from $70.

Sunshine Coast 2 Nights — from $284 taxes & fees included
INCLUDES accom at the Best of B.C Wilderness Resort award winner. **ADD** 3-hour guided kayaking on the Sechelt Inlet from $105.

Cruise & Stays

Las Vegas
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Seattle 1 Night + 1-Night Cruise — from $280 incl $218 base + $62 taxes & fees
INCLUDES bus transfer to Seattle, 4-star central accom and cruise sailing from Seattle to Vancouver.

New York & Bahamas
Air + 3 Nights + 7-Night Cruise — from $1855 incl $1499 base + $356 taxes & fees
INCLUDES airfare to New York, 3 nights Manhattan accom and 7-night cruise sailing roundtrip New York visiting Port Canaveral, Great Stirrup Cay and Nassau.

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Dubai Air + 7 Nights — from $1881 incl $1299 base + $582 taxes & fees
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Cook Islands Air + 9 Nights — from $2006 incl $1579 base + $427 taxes & fees
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